



CASCADE BICYCLE CLUB RIDE LEADER BRIEFING CARD

- **Welcome** riders and **introduce** yourself
- Discuss all of these **safety** reminders at the beginning:

RIDE SMART – *Smart Riding is No Accident*

STAY ALERT—*watch for cars, other riders, and hazards. Use hand signals and warn fellow riders about hazards.*

MOVE OFF THE ROAD WHEN STOPPING —*pull completely off the road or trail to let cars and riders pass; do not block driveways or intersections.*

ACT LIKE A CAR —*obey all traffic laws and stop at stop signs.*

RETAIN SPACE BETWEEN YOURSELF AND OTHERS —*leave enough room to dodge obstacles or stop suddenly.*

TELL OTHERS WHEN PASSING AND PASS ON THE LEFT, WHEN SAFE
—*ride single file or no more than two abreast.*

CASCADE BICYCLE CLUB RIDE LEADER BRIEFING CARD, cont'd

Offer details about your ride and Cascade rides in general as time allows:

- State **name** of ride, **pace**, and **mileage**
- State **regroup** frequency, **rest/lunch stops**, and **what riders should expect** from leader (do you have a sweep rider, do you stop for mechanical problems, etc.)
- Welcome non-members and invite them to provide contact info on reverse of waiver to get info about **joining the Club** (membership supports rides program, website & newsletter, education and advocacy programs, etc.)
- Remind riders to be **helpful** to and **responsible** for each other —e.g. use hand and voice signals (the ride leader can't be everywhere!).
- Make certain that everyone is wearing a **helmet** and has signed the **waiver**.
- Have riders **introduce** themselves to each other. Finish with reminder to ride **SMART**.



Cascade Bicycle Club 206-522-3222
www.cascade.org