



## HUB Cycling Pre-ride Message & Checklist

The following message is designed to prepare participants before going on a group ride. These key talking points cover basic road safety, communication on the road, and best practices when riding in a group. Please make time to share this message before going on ANY group ride.

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Checklist before going on a HUB Cycling group ride:

- All participants have signed a waiver which lists the date, and location of the ride. If there are minors on the ride, a parent or guardian has signed a waiver for them.
- Ride leaders have first aid kits
- Ride leaders and participants are wearing vests (mandatory for cycling courses, optional for community rides)
- All participants perform a basic ABC quick check (air, brakes, chain) before going on the road
- Ride leaders assess the skill and comfort level of the ride participants, take note of any new riders, and any special conditions advised to the ride leader by ride participants
- Ride leaders plan a pace suitable for all members of the group (suggest 12 km/hr for adult rides) and check with the group at the first stop as to how the pace is
- Ride leaders have a planned route that includes pit stops. For community rides, may choose to share it with participants so that if the group gets split up there are places to regroup.
- Ride leaders convey the following message to the group

Guide to Participant ratios:

- For all HUB Cycling education courses, we maintain a strict instructor to participant ratio of 1:6 when taking participants on the road
- For informal HUB group rides, this ratio is more flexible. A comfortable ratio would be 1:12. It is recommended to have both a lead and sweep for groups of this size.

Thanks for joining us for this HUB Cycling ride!

As a group today it's important that we follow all rules of the road, including obeying stop signs, signalling when changing lanes or turning, and riding single file (*review hand signals with group*). As we are riding together, we will try to communicate as much as possible with other riders in our group. In order to be able to stop safely, please leave 2-3 seconds between you and the rider in front of you (*review how to measure this by choosing stationary point, like traffic pole, and counting 2 seconds*). When stopping or pulling over unexpectedly use your stop signal to indicate to riders behind you what you are planning to do, and/or call out that you are slowing or stopping so following riders are aware. If possible, share information about potential road obstructions with riders behind you by using hand signals.

Although we will be riding as a group, we need to make sure that we are all thinking independently. Please rely on *your own* judgement when crossing all intersections, instead of just following the rider in front of you. Don't worry if you get stopped at a red light or stop sign, we'll wait for you!

If at any point during this ride you feel that you are in a situation that is unsafe, please choose the earliest possible spot to pull over and dismount. If you need to leave the ride at any point, please let the ride leader know so that we don't go looking for you!

**NOTE:** *This is also a good time to check in with your group. Is everyone feeling ready to ride on the road? Is anyone nervous about any aspects of the ride? Do any participants have any safety hints to add? Consider deciding on a signal such as three consecutive bell rings that indicates the need to pull over as a group.*

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