



McHENRY COUNTY BICYCLE CLUB RIDE LEADER INSTRUCTIONS

- ✓ Make sure that every rider/participant signs the waiver form and is wearing a helmet.
- ✓ Discourage riders with unsound bikes from participating in the ride.
- ✓ Ensure that each rider has a map and cue sheet.
- ✓ Announce any special instructions regarding the route.
- ✓ Introduce new riders.
- ✓ Leave a copy of the map/cue sheet under windshield wiper for late arrivals.
- ✓ The Leader should inform the riders of the following Rules of the Road for their own safety:
 - Ask riders if they do not intend to follow the prescribed route.
 - If a rider wishes to divert during the prescribed route, he/she should inform a fellow rider.
 - If unfamiliar with the route or cannot follow maps and cue sheets, do not ride alone.
 - Do not ride more than two abreast.
 - Immediately get into single file when traffic is overtaking the group. Make room for others to move in.
 - Avoid bunching up, especially on hills and intersections.
 - Signal your intentions to turn, change lanes, and slow or stop.
 - If you are slowing, give appropriate hand signals and say “slowing” or “stopping.”
 - Advise those that you are about to pass by calling out “on your left” or “on your right.”
 - Do not call “clear” when crossing intersection.
 - Signal road hazards and advise others of “car back” or “car up.”
 - Allow fellow riders to catch up if your group is split by change of traffic light, crossing traffic at a stop sign or personal needs.
 - Be alert for passing bicyclists and allow them room.
 - Move completely off the pavement when stopping for a rest or repairs.
 - At the end of the ride, make sure each rider (those riding the prescribed route) is accounted for. Take the appropriate action to locate a rider that has not returned.