

Ride Leader Guidance

Insurance	Cycling UK provides third party insurance and thereby significant protection for ride leaders. However ride leaders have a responsibility and should consider the following points
Ride risk assessment	Given the nature and repair of our roads and the fact road works and diversions can occur without warning all rides by SBMC rely on dynamic risk assessment and the support of all participating riders
	If the ride leader is aware of any specific risks that may be encountered on their route, this should be shared in the rider briefing at the start
Rider identification	Most riders with SBMC are known to ride leaders or other riders. If a new rider unknown to the group joins a ride we ask the ride leader to check they are carrying ICE information
Rider experience	If a new rider joins the group, the ride leader should ask if they have experience in riding with a group. If not the ride leader should suggest they ride with an experienced cyclist in the group
Dangerous conditions	The ride leader has the authority to cancel a ride if they consider conditions to be dangerous (ice, fog)
Dangerous bicycles or behaviour	The ride leader has the authority to ask a rider to leave the group if they consider their bicycle is dangerous or they are behaving in a reckless or unsuitable manner.
First Aid	Ride Leaders are not expected to administer First Aid, but should try to keep the injured person safe from traffic. Cycling UK guidance is that a ride leader should not administer First Aid unless trained.
Ride numbers	Cycling UK guidance suggests that with 8 or more riders, the ride leader should ask for another rider to help them lead the group and there should be no more than 15 in a group. SBMC guidance, depending on the route and the riders participating is that we should divide into two groups when there are 8-10 riders. Leaders are asked to report the number of male and female riders to the Rides Secretary, preferably via the Ride Stats WhatsApp group as we have to report these statistics annually to Cycling UK.
Incidents/Accidents	This is the advice of Cycling UK. https://www.cyclinguk.org/cyclingcrashadvice
	This is the Accident/ Incident Report form to be sent to Cycling UK. https://www.cyclinguk.org/form/accident-incident-report