

CHECKLIST FOR CFC RIDE LEADERS

Supplies & Equipment (Coordinator &/or Sweep)

- Cell Phone
- Rudimentary first-aid kit, at least sunscreen, bandaids, ibuprofen
- Copies of the Sign-in / Liability Waiver Form
- Copies of the Incident Form
- Pen/pencil

Items to Check at Ride Start

- Does everyone have a helmet & identification
- How many riders do you have? (“No one left behind”)
- Special equipment required (lights?)

Pre-Ride Announcement

- Introductions & Welcome new riders
- Signatures on the liability waiver
- Covid Hygiene – 6 ft spacing, no drafting, mask up otherwise
- Explain that CFC medical insurance covers Club members and 1st time guests
- Announce your cell phone number
- Identify leader & sweep
- Identify riders who have first-aid kit, cellular phone, & bike tools
- Maps, cue sheets
- Determine two Pace group leaders (“Need-for-Speed” and “Fun-in-the-Sun”)
- Planned rest points
- Obey traffic regulations, be courteous & alert
- Ride single-file in traffic, allow spaces for motorists to pass 4-6 riders at a time
- Use hand and voice signals (“Car back”, “Slowing”, “Stopping” etc.)
- Questions?
- Check for legible name/emergency phone # on signup sheet, take a Photograph of the signup for yourself & email to the Sweeper & secretary.capefearcyclists@gmail.com

Post Ride

- Make sure everyone has returned (if you can't stay until the last rider is back, ask the “Sweep” rider to do that)
- Forward completed Incident Form(s) to the CFC President **immediately**

Revised April 2021