

BCN Ride Captains Pre-Ride Instructions

To be read out before every BCN ride

Intro and Welcome

Start with a simple “Hello” and introduce yourself and the rest of the ride captains and state the group they will be leading today.

A breakdown of what exercises the groups will be doing during that session.

Are there any new riders? If so put them in a group.

Is there anyone who has not ridden with a group before?

What to do in the event that a rider is dropped by their group.

What to do in the event of an accident.

Medical conditions you may need to disclose

Ride responsibly.

Take any questions from the group.

10 BCN Ride Commandments

1. Look over your shoulder before moving (Life-Saver).
2. Pay attention to your surroundings. Call out dangers in the road, such as potholes and objects.
3. No close passes of other cyclists, motorists or parked vehicles. Keep at least a meter away.
4. No overlapping wheels
5. No littering of any kind. Riders to take all rubbish with them.
6. No foul or derogatory language towards other riders or the general public.
7. No red light jumping.
8. Do not ride no-hands whilst in the group. Only do this by yourself at the back of the group if necessary.
9. No spitting or ‘snot-rockets’ whilst in the group. Only do this at the rear and when there is no one behind you.
10. Any instances of dangerous riding will not be tolerated

Perform hand gestures & verbal calls.

1. Signal to stop
2. Signal to turn left or right.
3. Signal for obstructions

