

# Richmond Area Bicycling Association

## Suggested Safety Briefing "Script" for Ride Leaders

Here are some general safety guidelines for this ride:

- Try to ride single file as much as possible. If you are riding two abreast, make sure that you quickly get into a single file line whenever a car approaches from the back.
- When slowing, give both a verbal and visual "slowing" signal if there are bikes behind you. Likewise, always give the stopping signal whenever coming to a stop.
- If you need to pass a rider in front of you, pass on the left side and always give the "passing on your left" signal.
- If a car is approaching from behind, please give the "car back" signal. Make sure that the riders in front of you hear the signal.
- Point out any obstacles in the road such as holes, bumps, sticks, etc.
- When another rider gives you a signal, acknowledge it.
- If someone is riding in an unsafe or dangerous manner, point it out to them. They probably don't even realize they are doing it.

Here are some additional guidelines for those of you who plan to ride in a pace line:

- When in a pace line, stay single file at all times unless you are rotating off the pull.
- Ride at a steady pace and avoid coasting. Avoid overlapping the wheel in front of you, especially on the right side. Try to stay a minimum of 2 to 3 feet behind the wheel in front of you at all times.
- Try to minimize braking in the pace line. If possible, soft pedal instead. If you must use your brakes, try to brake as smoothly as possible.
- Limit pulls to one mile or less. If you don't want to pull, simply rotate through the pull when your turn comes up. Don't feel like you need to pull – it is strictly optional.
- Try to minimize casual conversation when riding in a tight pace line, especially at speeds over 18 mph.
- If you feel fatigued, drop out of the pace line.