

Guidelines for Ride Leaders

As a courtesy to riders who want to join you, and to comply with the requirements of our insurance, please adhere to the following guidelines.

Feel good about having led a ride! Our club exists to support people riding bikes together. Thanks for stepping up!

1. Advance Notice -- Try to post rides at least 48 hours in advance.

2. Descriptions and Directions

Sometimes non-club members from out of town join our rides, so post rides as if you're writing to them.

Provide clear directions to the starting location. Give a good description of the ride, including the length of the ride in both time and distance. For long rides (over 2.5 hours), note whether food or water is available en route. Be helpful and descriptive in your posting.

3. Start Time -- Pick a specific start time and stick to it. You should arrive at the start at least 10 minutes before the posted start time ready to ride.

4. Cancellation -- Indicate what weather conditions or circumstances cancel the ride. If you can't show up to a ride that you've posted, please try to get an alternate ride leader. Be warned that if you update your ride posting or cancel it too close the planned time, people who check e-mail infrequently may not see the change or cancellation in time.

5. Waivers -- Members, including ride leaders, are covered under the club's liability insurance. However to protect yourself and the club it's essential that you collect signatures on the appropriate waivers.

All club members have signed a waiver for road rides however if any non-members show up they may join the ride as a guest (one time) as long as you have them sign a ride waiver. If you are leading a mountain bike ride then you and everyone who joins your ride will need to sign a new ride waiver for that ride.

Download, print, and bring these forms to your ride (and bring a pen):

Adult Group Waiver: <https://www.altalpina.org/attachments/ridewaiver.pdf>

Ride Waiver for Adults: <https://www.altalpina.org/attachments/waiver.pdf>

Ride Waiver for Minors: <https://www.altalpina.org/attachments/minorwaiver.pdf>

6. Preparations -- Be more prepared than on a typical ride so that you're ready to help someone with a problem. Bring spare tubes, a patch kit, tools, a pump, more water than you think you'll need, etc.

7. Briefing -- Introduce yourself to everyone who shows up for the ride; review the route and make note of turns, hazards, and regroup points; and check that all participants know what sort of ride you are doing.