

Guidelines for Lycra Ride Leaders

Role

Lead and manage a scheduled social ride of the BBUG Lycra Group, safely and efficiently.

Before The Ride

- Check the bi-monthly ride schedule when it's first published.
- If you're designated to lead, note the details in your diary/phone.
- Check the "official" route map with the link given on the Ride Schedule.
- If possible, do a dry run along the route a few days before. Things may have changed since you last rode it all those years ago.
- If not, write down the details or use a fancy digital GPS tracking app. Most rides on the Lycra program will show on Google maps after clicking on the link in the ride program.
- You don't have to stick rigidly to the scheduled route or destination. It can be tweaked to take account of weather, other circumstances or personal preferences. Make the changes clear at the start of the ride.
- If circumstances change and you can't lead, arrange a substitute.
- Keep the most recent Emergency Contacts list on your phone or carry a print copy.

At The Start

- Get to the scheduled start before the scheduled time.
- Check around to see who's with you for the day.
- Introduce yourself to anyone you don't recognise:
 - *Potential new members are encouraged to try out rides — explain the distance, lumps and bumps and what's planned for the day.
 - *Note visitor's name and mobile number, plus an emergency contact and phone number.
 - *Non-members are not covered by the club's 3rd-party insurance. Explain they are responsible for any property or personal damage they might cause on the ride.
 - *Designate a member to be the new rider's buddy throughout the ride.
- Call for one member to be the "*Lanterne Rouge*", "*Tailend Charlie*", "*Caboose Kid*" or "*Arriere du Peloton*" for the ride, responsible for keeping eyes open at the back of the group. Ensure you have each other's mobile numbers.
- Outline the basic route and destination to everyone.
- Ask whether any riders plan to bail out during the ride. If so, check where they'll peel off.
- Specify where the next stopping/catch-up point will be. Do this at each stop on the way.
- Quick count of heads and away you go.

On The Ride

- You are **The Leader** — the Boss, the Capo di Capo, Big Kahuna, She (or He) Who Must Be Obeyed. What you say **goes!** Do not bow to lesser mortals bellowing behind you or selecting their own route. They'll get their turn in due course. Perhaps.
- Riders **should not pass you** without your permission. If someone wants to sprint ahead **make sure** the two of you agree where you'll next meet up.
- The growing number of ebikes has meant more riders speeding at the front but remember — plenty of riders still pedal bikes using their very own power, unassisted. Easy for the group to get strung out and lost. Tell those battery bogans to reduce speed and conserve power.
- Be a gentle leader, a compassionate leader; more Princess Leia than Darth Vader. Listen to your group; help those in any difficulty; encourage; be kind. No crosspatch; no finger-wagging. Do unto others as you would have them do unto you (unless you're a self-flagellating masochist, of course).
- It's best to lead from the front but, if circumstances dictate (mechanical problems, illness, lack of knowledge of the area), ask another member to hold the front position for a while.
- Ride at a Goldilocks pace — neither too fast nor too slow. For interest, the long-term average of Lycra rides is c.17.5 km/h. Common to see 22-25+km/h along the flat parts but those pesky hills have a way of taking their toll. The best method to check your pace is by observing how long the final riders take to catch up at stopping points.
- Ensure you can be seen by other riders when making turns. Use clear hand signals; check you're being followed.
- Stop frequently to enable regrouping.
- If a rider(s) doesn't turn up at a regrouping stop, start checking:
 - * Numbers for all members are in your Emergency Contact list.
 - * Ring their mobile(s); locate them; arrange a meeting spot.
 - * No answer? Send out other riders to retrace the route and search for them.
 - * **Do not move on** until the rider is located, has rejoined the group or their circumstances are clear, *ie*, they are safe and don't need assistance. Wait for any riders who went searching.
- Mechanical issues — punctures, dropped chains, etc:
 - * The group stays together until issue is resolved — puncture repaired, chain back on.
 - * Major problems (*eg*, broken derailleur hanger, broken spokes, broken brake/gear cable, flat battery) might be beyond a roadside fix. Up to the rider to determine — get picked up, catch a train, etc. Move on once the decision is made.
- Accidents
 - * Can range from mild to serious. Again, stay together until the issue is resolved.
 - * Major accidents need specialist help. Possible broken bones, significant cuts or abrasions are serious. **Do not hesitate to call an ambulance on 000.** Call the rider's Emergency Contact to advise there has been an accident and what is happening. The group waits together until the situation has become clear. Do not leave the rider alone.
 - * Whatever happens, don't brush the incident aside. "*She'll be right, mate*", is not appropriate. We're all hesitant to delay others or interrupt the flow of an event but reaction to an accident can be delayed. Even for a simple fall, stop and check with the

rider. Take some time, “*You alright? How’re you feeling? Anything hurts? How’s the bike? Drop anything? Sure you’re OK to carry on?*”.

- * Minor bumps and abrasions might be fixed with tissues, simple plasters. If the rider is shaken, give them time. If they prefer to pull out another rider must wait with them for a pickup or accompany them to a station. Shock reactions to an accident are often delayed. A rider should not be left alone.
- * If a third party is involved (eg, another rider, pedestrian, vehicle, driver) a similar response is required but, in addition, collect names and phone numbers, vehicle registration numbers and driving licence info. Although unlikely, insurance issues may be involved and these details are important.
- * An online Incident Report should be completed at the end of the ride (details later).
- Refreshment stops. Lycra Group riders are encouraged to always carry something to drink and eat at a stop near the mid-point of the ride, usually in a park or reserve. The Leader should have some idea of likely venues, typically in parks and reserves with a toilet block close at hand. Google maps can help.
- There is a growing preference to stop somewhere with a café as the destination, especially on Sunday rides. Scout the area on a dry run or dive into Google maps for assistance.
- Tuesday riders like to stop for a snack and chat on the way home. Discuss during ride and ensure everyone knows. Some riders might prefer to go straight home.

At The Finish

- The Leader should stay with the ride throughout but can turn off earlier if close to home. Acceptable as long as you’ve checked with remaining riders to ensure everyone is comfortable and knows the way back.
- If there’s been an accident during the ride please complete the Banyule BUG online Accident Report. This can be found at the B-BUG website <http://www.banyulebug.org.au/info.html> and clicking on “*Accident Report Form*” or directly by [clicking here](#).
- Best if the form is completed after discussion with any rider(s) who viewed the accident.

John Perkins

Lycra Ride Coordinator

Suggestions always welcome

mobile 0425 886 261

email pohnjperkins@gmail.com