

Ride Leader Pre-Ride Checklist (**Printable PDF**)

- Ask if anyone wants to be a sweep
- Introduce yourself and the sweep (if there is one)
- Have everyone introduce themselves
- Have any guests that have not registered online do so
- Check for helmets
- Describe ride, e.g., pace, regroup, special conditions & hazards, drafting
- Describe safe cycling practices
 - Take the lane in roundabouts
 - Two riders side by side maximum (not 6' apart!)
 - Stay within traffic lane
 - Avoid "herd" mentality - make your own decisions
 - Communicate with other riders

 - BE SAFE
- Remind riders to notify others if leaving the ride
- Take a head count
- HAVE FUN