

## **Denver Group Biking Guidance Notes**

### **The 10 Essentials for Cycling:**

#### Required Items:

1. Helmet
2. Closed-Toe Shoes or other cycling-specific shoes/sandals
3. Clothing for changes in weather
4. Sufficient water and food for length of ride
5. Personal First Aid kit including identification and medical card
6. Flat tire repair kit with spare tube(s) to fit rider's bike, inflation pump and/or CO2 cartridge(s) and knowledge of their use
7. Small tool kit to perform minor bike adjustments appropriate for the rider's own bicycle
8. Sun Protection: Sunscreen, Sunglasses, Lip Balm

9. Smartphone for finding route back to your car, also for emergency contact purposes
  
10. Consider wearing bright clothing, using front and rear strobe lights for improved visibility

**Rules for Safe Riding – Ride Safely – Have Fun – Enjoy the Company:**

1. Ride behind the leader and ahead of the “sweep” (rear leader).
  - Inform the leader or the sweep if temporarily or permanently leaving the ride
  
2. Ride single file and to the right to accommodate oncoming cyclists and allow faster riders to pass.
  1. Always obey rules of the road
    - Use hand signals/arm signals to inform riders behind of your intentions
  4. Keep a safe distance back from the rider in front of you.
    - When stopping, move off of the roadway, so others can pass safely.
  
5. Announce warnings like “Rider Back”, “Rider Up”, “Passing on Left”, “Passing on Right” or “Stopping”, as needed
  
6. Practice situational awareness, common sense, and courtesy.

## **Bike Leader Responsibilities:**

- Accurately describe trip when posting on [CMC.org](http://CMC.org) , clearly defining pace, exertion level, frequency of stops, and other factors so all riders understand expectations
- Know route and provide map with directions, consider using an apps like 'Map My Ride' or 'Ride with GPS' and share a link with the trip description that includes turn by turn directions and direction of travel
- In pre-ride announcement, make it clear no riders will be left behind
- Confirm that all riders have pre-checked their bikes before the ride to make sure bike is in safe working condition appropriate for the ride.
- Ensure all participants are suitably equipped and are familiar with cycling hand signals.
- Carry list of all participant's names, cell phone numbers and emergency contact information.
- Assign rear leader. Consider implementing one of the following practices:
  - a) When turning onto a new road cyclist immediately behind leader waits for everyone to pass, then becomes new rear

leader.

- b) Assign a “corner” whose responsibility is to indicate the change in direction and remains at the post until the rear leader arrives.
- Carry first aid kit, bike tools sufficient for road side repair, assist with roadside repairs and tube changes
- Set a good example, demonstrate courteous riding, demonstrate safe riding practices
- Talk to unsafe riders about their unsafe practices
- Manage Pace by regrouping frequently
- Make necessary announcements about regrouping points, restroom breaks, water or snack breaks
- Make sure everyone gets back to the starting point safely