

SBTC Ride Leader Cue Card

1. **Welcome** riders to **Seattle Bicycle Touring Club** and introduce yourself.
2. State **name of ride** and **level**.
3. Define **level** in terms of speed and regroup policy and state what riders can **expect** from leader.
4. Remind riders to be **helpful to and responsible** for each other.
5. Make certain that everyone has **signed** the waiver, received a **map/cue sheet**, if applicable, and is wearing a **helmet**.
6. Remind everyone to **check** their bicycles for mechanical problems, to **lock** their cars and not leave valuables out.



Website: www.seattlebiketours.org

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**Turn
Over**

- **Review** the following:
 1. the **route**
 2. **mileage** options
 3. any known **hazards**
 4. **weather** considerations
 5. importance of a **water bottle** and **drinking** fluids
 6. points of **interest**
 7. rest **stops** and facilities
 8. **after ride** activities
- Offer these **safety** reminders:
 1. Don't ride beyond your ability.
 2. Obey all traffic laws, stop at all stop signs.
 3. Ride no more than 2 abreast, single file in heavy traffic.
 4. Ride as far to the right as practical.
 5. Communicate verbally, i.e. "car back", "on your left", "stopping", etc.
 6. Communicate visually, i.e. hand signals for turning, stopping, road hazards, etc.
- Make **announcement** of other rides, events etc.