

ROAD CAPTAIN'S PRE-RIDE CHECKLIST

Administrative Items

1. Welcome
 - Identify yourself and T/G
 - Identify any other R/C in group
2. Make sure everyone is signed in
 - Any Guests/Children? Waivers signed? Introduce guests to the group.
 - Guests will ride in the group where they are comfortable. If new riders or new to group riding recommend they ride in the rear of the group for safety. A road captain may be assigned to ride beside them to answer questions they may have when stopped.
 - Does anyone need gas? Last minute restroom?
 - Take an opportunity to take in fluids, especially on hot days or long rides.
3. Alcohol Free Ride
4. Cover route and rest stops (if any)
 - Give copies of directions (if applicable)
 - Distance/Time (Total and to rest stop if applicable)
 - Ride ends on arrival at destination. No organized ride back.
5. If the destination is a restaurant, get a head count of everyone who will be eating, including any family or guests who will meet the group at the restaurant. Call the restaurant with an ETA and head count either before the ride begins or at the break.
6. Will anyone be leaving the ride prior to arriving at the destination? Review proper technique to exit the ride and remind everyone to move up to fill gap not crisscross lanes. Anyone exiting ride before destination should ride in rear of group to minimize disrupting flow of group.
7. When applicable, RC and TG will communicate on CB channel 14. In heavy traffic and in town keep the channel clear for RC/TG communication.

Safety Items:

Ask everyone to please pay attention. They may have heard all this before, but they should listen as if they haven't.

8. **Staggered Riding Style**
 - 2 seconds minimum behind the bike directly in front of you
 - 1 second minimum behind the bike to your right/left
 - Do NOT pull alongside another rider except at stop lights and stop signs. You must leave a safety "bubble" for other riders to use.
 - Avoid following too close and avoid letting a large gap open up.
 - Use the rear view mirror of the rider in front of you to gauge your distance. If you can see their face you are at about the right distance.
 - When observing the 2 second/1 second rule, remember that the distance between bikes changes with the speed. Greater speed = greater distance.
 - This is only a guide and not a requirement. As you are responsible for your bike and your own

- safety, ride your bike at a safe pace that you feel comfortable.
 - Fill empty spots by moving forward. Never crisscross to fill a gap
 - Ask any new (non-group riders) if they would ride in the rear.
9. **Danger Areas:** Note any special safety/danger areas on the route.
 10. **Personal Responsibility:** Everyone is responsible for personal and group safety. Stay focused on the ride and other riders.
 11. **Separated Group:** If the ride breaks up, the RC will slow down until rear group catches up. Do not exceed the speed limit to catch the lead group.
 12. **Play Nice with Cars:** If a car wants to or needs to break into the group, LET IT. We will get the group back together eventually.
 13. **Pull Over Law:** If a LEO or emergency vehicle with flashing lights is on the side of a two-lane road, we will proceed single file at 20 mph under the posted speed. On a four-lane road, we will move to the left lane if possible or reduce speed by 20 mph.
 14. **Right on Red?** We generally will not turn right on red. We will wait for a green light so all bikes can make the turn together. EXCEPTION: If the RC sees that all bikes can make a turn without being separated by oncoming cars, he or she may turn right on red.
 15. **Lane Change:** Except for TG, always wait until the rider in front has moved over. Never take for granted that the TG has blocked the lane.
 16. **Turning.** When turning, keep your line in the road. DO NOT short-cut turns and cut off the bike behind you.
 17. **Hand signals:**
 - Right turn, left turn, stop, slow down, speed up; possible threat ahead on right; single file, return to staggered, obstacle in road.
 - Everyone must pass hand signals back, this is strongly encouraged to ensure the safety of those to the rear of the group.
 - Hold your signal long enough to ensure the rider behind you has seen it.
 18. **Emergency breakdown and injury procedures:** Tail Gunner will stop with any breakdown. Tail Gunner is in charge of any accident scene. Road Captain will proceed with the group to safe spot off the road.
 19. **Stop Signs/Stop Lights**
 - Everyone is responsible for stopping and looking all ways.
 - Don't follow the bike in front just because it's moving.
 - Stop two abreast. Rider on left proceeds first.
 20. **Passing procedures:** Only when safe and then single file.
 21. **Any Questions???**