

Leader Form List

- 1. Instructions (this form) 1
- 2. Ride Waiver: Adult 2
- 3. Ride Waiver: Minor-2s 1
- 4. Emerg. Phone 1
- 5. Accident Report 2

- 6. Member App: Adult 2
- 7. Mem.Waiver: Minor-1s 1
- 8. Cue Bags 2
- 9. Brochure 5

Before Ride

- 1. Non-members must fill in Waiver, non-member minors **MUST** use Minor Waiver. Ask non-members if they have already ridden a club ride.
- 2. Family memberships: be sure minors have completed Minor Waiver.
- 3. Keep record of ALL participants. Use back of waiver form.
- 4. Check bike & personal equipment of new members and non-members.
- 5. Review: Safety Rules & Overview of Routes

Policy to Note (Minor=age 17 or less)

- 1. Non-members can ride **ONLY** one club ride before joining club.
- 2. Members do not have to fill in Waivers.
- 3. **All Minors** must be accompanied by Parent or Guardian.
- 3. Leaders are encouraged (but not required) to accept membership forms & payment.
- 4. **Accident/Injury:** Leaders **MUST** call Insurance Co. ASAP. See Accident Report.

SJW Ride Descriptions: (opt~=optional)

- 1. opt~ Name for ride
- 2. Date, Start Time (frequency if repeating)
- 3. Road or Trail
- 4. Distance & Pace (road rides must have set paces)
- 5. Start Location: Exact address or CLEAR description
- 6. Ride Leader: name, phone, email
- 7. opt~ Description of: area, roads, interest,
- 8. State if rsvp w. contact info required. If not required, leader **MUST** show for ride.

Rules - While Riding, All Riders Must:

- 1. Obey all traffic laws.
- 2. Wear an approved helmet.
- 3. Not use personal listening devices.
- 4. Not use a cell phone.
- 5. If Electric bike, must have no more than 750 watts power & 20 mph assist.
- 6. If Small Child not riding bike: child must wear approved helmet & be in child seat in an attached bike trailer.
- 7. If Night Ride: bicycle must be equipped with proper headlight and taillight.

Recommendations (Before Riding):

- 1. Make sure bike is in good & safe working condition.
- 2. Carry extra tube, patch kit, tire levers, bike tool and pump.
- 3. Know how brake handles work (back vs front).
- 4. Wear visible clothing & protective sunglasses.
- 5. Use a rear view mirror.
- 6. Carry water and/or sports drink. Some quick energy food on long rides.

Recommendations (While Riding):

- 1. Be helpful & responsible to other riders.
- 2. Ride in a predictable manner.
- 3. Ride no more than two abreast & single file in heavy traffic.
- 4. Ride as far to right as safe and practical. Take full lane only when necessary & move back to right asap.
- 5. Use hand signals and voice for turning, slowing & stopping. Point out road hazards.
- 6. Do not ride too close to other bikes.
- 7. In intersections **do not** give voice signals such as "clear" or "ok". Each rider must make their own determination when that it is safe to proceed.
- 8. Do not block right turn lane if group is going straight.
- 9. At a four way stop, groups of 4-6 riders should alternate with stopped vehicles.
- 10. Rider should **NEVER** direct vehicle traffic to allow riders in a group to cross a road.
- 11. Do not confront motorists.