

Recommended Group Ride Protocols for

Banyule BUG Latte Group

Introduction

Safely leading a group bike ride and ensuring no rider becomes 'geographically misplaced' is tricky.

With these protocols Ride Leaders and Tail End Charlies (TEC) may feel confident that they have sufficient control of the group for the duration of each ride. And, all riders will understand how they can assist in the control and management of the group to enjoy and safely complete each ride.

Our Rides are Group Rides

Latte Group rides are a social group riding activity held each Tuesday and Friday varying in distance from 25 kms to 60+ kms. The average speed is a conservative 13 – 15 kph generally on shared paths and back streets. Rider attendance varies from ten or so to more than twenty.

The Latte Group Ride Program (see website) enables riders to select rides that are within their riding and physical ability. Therefore, before any ride members may check the destination, approximate distance, examples of the possible route (ride maps are on the BBug website for many rides), and also the BOM weather forecast to assist them plan their full or part involvement.

The Ride Leader plans and, with the TEC, safely manages each ride to get to the destination, have coffee or lunch and to return to the start point in a reasonable time frame (as a guide: 30 kms approx. 3 hours, 60 kms approx. 6 hours, including the café stop). This may necessitate splitting the group into two or three subgroups for safety and management. Note: a group of 8 or less riders will more safely, quickly and efficiently get through traffic or route obstacles which would delay and split a larger group and increase the risk of losing control of the group.

It is important that all riders understand that they need to ride with the group, and keep up with the group. Ride Leaders will travel at a suitable pace and will make break times at nominated points to allow tail-enders to catch-up, for drinks, clothing adjustment and a breather. However, those riders at the back of the peloton must make an effort to keep with the group while underway.

All riders should be at the start point and ready to ride before the ride briefing so the ride leader's briefing is clearly heard and for the timely start of the ride. Arrive at 9.15 am, briefing at 9.25 am, start at 9.30 am. (8.30 am start when temperature is forecast 33 degrees or higher).

Recommended protocols for Ride Leaders, Tail End Charlies (TEC) & the ride group are below.

Ride Leader – leads and manages the ride.

- Ensure the details of any new or visiting rider and their emergency contact are recorded. Appoint a 'ride buddy'.
- Carry the latest BBug Emergency Contact list and BBug Incident Report form.
- Brief on the route to the destination café and the stages of the ride to that point.
- If more than 10-12 riders divide the group and seek a leader and TEC for each sub-group - TEC need be experienced riders but not the same person/s each time.

- All leaders/TEC must know the number of riders in their group and check numbers before commencing each stage.
- Manage the ride to get to the destination, have coffee/lunch and return to the start in a reasonable time (as a guide: 30 kms approx. 3 hours, 60 kms approx. 6 hours).
- Use CB radio with TEC to aid control and management. If no CB, use mobile phone.
- At each stage point remind the group of the next stage point and the route.
- Take breaks at stage points for catch up, rest, drinks, toilet, clothing change, etc.
- Make brief stops as necessary to regroup; such as after main road or traffic light crossings, changes of route direction, after long or steep ascents, etc.
- At the café provide a five minute warning before departure.
- Before departing the café brief the group on the return route and stages.
- Manage the return ride as before.
- Manage any accidents/incidents and ensure care for those involved. Complete the BBug Accident Report form and submit it to a BBug Committee member.

Tail End Charley - rides at the rear and keeps the group together.

- Understand the route and stage points as briefed.
- Note any new or visiting riders and their nominated 'ride buddy'.
- Know the number of riders in the group and check at each stage point.
- Use CB radio or phone with Ride Leader to manage and control the group.
- Foster and encourage any slower riders to keep up with the group.
- Assist the ride leader at the destination café to prepare riders for the return journey.
- Advise ride leader of any incidents or mechanical issues. Discuss any assistance required.

All Riders & Ride Group Peloton

- Bike must be serviceable and mechanically sound.
- Be seen - All are urged to wear Club or HiVis strip. White or HiVis helmet, recommended. Flashing lights front and rear, recommended.
- Each rider must listen to the briefing and understand the route and stages. If unsure – ASK.
- Each rider must make an effort to keep up with the group. (e.g. If slow on hills use the down slope and flat stretches to close up).
- Chat and enjoy the ride but travel at the speed of the leader and keep alert for any changes to the route and any obstacles.
- 'Ride buddy' needs to stay with and coach the new or visiting rider.
- Keep left when riding. At stops do not obstruct the road or path.
- Use ride stage points for drinks, rest, toilet, clothing, sun cream, etc.
- Only get ahead of the ride leader briefly if necessary and then let the leader overtake (e.g. e-bike riders on hills). Otherwise, always stay behind the leader.
- Keep ahead of the TEC.
- After coffee/lunch at the café be ready to depart when advised (toilet and ride preparation completed).
- If leaving the ride at any time ensure that the ride leader and TEC know of your departure.
- Advise the TEC or ride leader of any difficulties or issues.