



FCCC Pre-Ride Briefing

1. Ask if there are any non-members or family members under the age of 18.
 - a. Non-members are allowed one ride with FCCC.
 - b. Non-members and family members under the age of 18 **must complete a waiver form.**
2. Review the route and any expected regroup points (if applicable). Confirm that everyone present read the difficulty description and expected pace (if applicable). Identify the Ride Participants who are going to try to maintain a set pace.
3. Discuss any concerns, safety cautions or route concerns.
4. For paceline riding:
 - Ask if anyone wants a refresher on FCCC's Signal/Voice Conventions
 - Ask if anyone wants a review of basic paceline procedures/skills (focus on Be Predictable – Don't Do Anything sudden)

Ask if anyone wants to review **Six Rules of the Road** (see reverse of this card).

Remind everyone that *277 is the Colorado State Patrol's aggressive driver #.

5. If there are regroup points, get a count of the riders and ask Ride Participants to help make sure no one is left behind at regroup points.
6. If Subgroups are formed (generally we recommend ride groups not be larger than 10 riders), make sure someone in each subgroup knows the route.
7. We encourage you to have your cell phone with you and provide your cell number to Ride Participants. If there are subgroups, exchange cell numbers with someone in each subgroup.
8. Applicable only to Led Rides: Identify Ride Sweepers and Discuss SAG content (if applicable). Explain how group/subgroups will stay together. See if there is a need to review hand signal and voice calls for Green Circle rides
9. Ask if there are any questions or concerns.



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LAB – Six Rules of the Road

1. Follow the law. Your safety and the image of bicyclists depend on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going.

2. Be predictable. Make your intentions clear to motorists and other road users. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

3. Be conspicuous. Ride where drivers can see you; wear bright clothing. Use a front white light and red rear light and reflectors at night or when visibility is poor. Make eye contact with drivers. Don't ride on sidewalks.

4. Think ahead. Anticipate what drivers, pedestrians, and other bicyclists will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and utility covers. Cross railroad tracks at right angles.

5. Ride Ready. Check your tires have sufficient air, brakes are working, chain runs smoothly, and quick release wheel levers are closed. Carry repair and emergency supplies appropriate for your ride. Wear a helmet.

6. Keep your cool. Road rage benefits no-one and always makes a bad situation worse.

FCCC's Eight Ride Participant Responsibilities

ACKNOWLEDGE: You are solely responsible for your safety at all times. This includes complying with FCCC's Safety Policies, and the terms and conditions for participation stated in the FCCC membership waiver. If, at any time, you believe conditions are unsafe, it is your responsibility to immediately discontinue further participation in the ride or activity. Ride Organizers, Ride Starters and/or Ride Leaders are not responsible for the safety of Ride Participants.

EVALUATE: *Please evaluate the difficulty of the ride you are considering relative to your physical abilities and interests prior to participation in a particular ride.*

ON-TIME: Please arrive prior to the start of the ride as specified in the ride announcement.

PREPARE:

ROUTE: It is critical to know the ride route and designated regroup points, if applicable. If there are sub-groups during the ride, confirm that one of the riders with whom you are cycling knows the route and the next regroup point.

EMERGENCY CONTACT: You are responsible for having emergency contact information with you during all FCCC rides.

COMMUNICATION and SUPPORT: Please look for opportunities to support other Ride Participants, and/or the Ride Starter(s) or Ride Leader(s). If, for whatever reason, you decide not to complete a ride (or need to ride ahead), communicate your intentions to the Ride Starter(s) or Ride Leader(s) / *Sweeper*.

SAFETY CONCERNS: Generally, non-urgent safety concerns are best communicated via post-ride comments and without speaking to specific riders. If a safety concern needs to be addressed during the ride, please be respectful and congenial.



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