

SRWC Mountain Bike Club Leader, Sweeper and Riders' Guide

Two leaders (a leader and a sweeper) are required for each ride. This is to ensure that a participant who is struggling/injured or has a mechanical issue is not left on their own and to provide a means for the rest of the group to continue with the ride. Therefore, both leaders must be prepared to navigate the planned route (be familiar with the route and have it on their device).

LEADER AND SWEEPER RESPONSIBILITIES

1. Contact the SRWC Mountain Bike Club organizer with a description, date, times (arrive-by time and roll-out time) and meeting place of the ride. The SRWC Mountain Bike Club organizer will forward your event to the SRWC Programs Director for posting on the SRWC calendar.
2. Arrive at the designated meeting place 15 minutes or more before the arrive-by time to greet riders and to be ready to conduct the pre-ride meeting, safety check, etc. before the roll-out time.
3. Update the contact info if needed. Make sure that the leader and the sweeper each have a copy.
4. Conduct a pre-ride meeting.
 - Introduce yourself and the sweeper. Have everyone introduce themselves. A good ice-breaker is to ask each participant to identify a goal and a challenge they have for the ride.
 - Check for helmets.
 - Describe the ride and what to expect for pace, regroup, etc.
 - Give a safety briefing. Remind riders to ride their own ride. There is no pressure to attempt any obstacles that they are not comfortable with. The goal is to have fun and to avoid injuries that can put a damper on the day and the rider's season.
5. Start on time. Riders are expected to arrive on time and be ready to ride by the posted roll-out time.
6. Make sure everyone makes it back to the ride start (no dropped riders). Any rider that is not able to continue on the planned ride (because they are struggling, injured or because of a mechanical issue) must be accompanied by another rider back to the start.
7. Regroup at intersections.
8. Be prepared to handle incidents/accidents. Notify SRWC of any incidents with details of what occurred.
9. Take a group picture and email it to the SRWC Mountain Bike Club organizer and the other participants.

RIDER RESPONSIBILITIES

1. Register for the ride by clicking on the Register button listed on the SRWC Calendar on the SRWC website.
 - Choose an appropriate ride for your skill level and read the entire description.





- If you cannot make the ride, please cancel and give as much notice as possible so someone else can join the ride.
- 2. Be on-time for the ride. Each ride will give an arrive-by time and a roll-out time. Being present at the arrive-by time allows the leader enough time to verify the contact list and to conduct the safety check and pre-ride meeting.
- 3. Helmets are required on all rides.
- 4. Bring plenty of water and a snack. On hot days and/or long rides, it is a good idea to have electrolyte-enhanced water to prevent dehydration and more snacks and/or a lunch to avoid bonking (when the muscles are functionally depleted of glycogen).
- 5. Bring a repair kit. Your ride leader is not your bike mechanic. Everyone on the ride will be as helpful as they are able to assist with mechanical issues, but you are responsible for your own bike.
- 6. Bring a small first aid kit.
- 7. Carry some cash/credit and some identification. Also bring your health insurance info.
- 8. Make sure your bike is in good working order before you show up for the ride.
- 9. Ride safely and follow the etiquette rules.
- 10. Be courteous and kind to your fellow riders.
 - No headphones, no phone calls, no music, etc.
 - Respect your fellow riders' time by not holding up the group by stopping too frequently for pictures, texting, wardrobe changes, etc.
 - Be supportive of others. If you see someone who is having trouble, offer help or notify the leader/sweeper.


TRAIL ETIQUETTE (Credit: Bend Bellas)

1. **Use a bell or a whistle or call out to let other trail users know you are coming up behind them.**
 - As a courtesy, let them know how many riders are following you.
2. **Yield to hikers and horses.**
 - Often times, hikers will step out of the trail and let you pass. If they don't, remember that they have the right-of-way.
 - When encountering horses on the trail, stop your bike and move out of the trail and away a few feet to let them pass. Talk to the riders. This helps the horse to recognize you as a person.
3. **Uphill rider has the right-of-way. Descending riders stop for others.**
 - Watch for other riders while descending. If you are on a flat section, be courteous and yield if the other person doesn't seem to be stopping. Let the other person know you are yielding and don't wait until the last second.
4. **Tread on Trail**

- Don't ride off the trail to yield. Stop and put a foot down while keeping your tires on the trail if possible, while leaving space for the other rider to pass.
- 5. Leave some space between you and the rider ahead of you.**
- Riding too close can make the person in front of you feel pressured. Also leaving some space allows the person in front of you to get out of the way if they cannot surmount an obstacle.
- 6. Give faster riders the opportunity to pass you.**
- If someone is on your tail and might want to go faster than you are able to ride, it's nice to ask, "Do you want me to pull over?" or at the next stop, ask if they would like to go ahead of you.
- 7. Look, Listen, Smile**
- As trail users, we rely on one another. Have fun and keep your eyes and ears open. Smile and say, "Hello!" You are in one of the best mountain bike areas in the nation.

TRAIL RATINGS

TRAIL SYMBOL	 EASIER	 MORE DIFFICULT	 VERY DIFFICULT	 EXTREMELY DIFFICULT
SUITABLE FOR	Beginner/novice cyclists who are developing their off-road riding skills.	Intermediate cyclists/mountain bikers with off-road riding skills and the ability to control speed within their skill level.	Advanced mountain bikers.	Riders with an elite level of technical ability, skilled bike control and with advanced jumping ability.
TRAIL AND SURFACE TYPES	Marks easier routes around more advanced features. Relatively flat and wide but can be rolling with short climbs, short descents and narrow single track sections. Trail surfaces can include gravel, dirt, wood bridges and grass sections.	Moderately steep climbs and descents with the potential for increased speed and jumping. Trail surface is commonly gravel and dirt with some bermed corners and rollers. May include uneven surfaces such as rock armoured sections and wood features.	Marks advanced technical features including jumps and drops with a high level of risk. Trail surfaces can include rough rock sections, wood features, gravel and dirt.	Marks steep sections with jumps and drops with extreme risk. Features made of rock, wood, and dirt.
SUGGESTED FITNESS LEVEL	Suitable for most people in good health.	Higher level of fitness and stamina.	Very active people used to prolonged effort.	Very active people used to prolonged effort.



This symbol warns trail users of technical features ahead.
Exercise caution and judgement when deciding if you will ride the feature.