

# Checklist for the Pre-Ride Briefing

## Before the Briefing

Make sure you have the riders contact details and take a headcount

Discreetly check any new riders and the condition of all the riders' bikes

## Outline the Route

Describe the way out from the starting point and the route to the lunch stop

Make sure people know where the lunch stop will be

Tell people roughly when you will take the first break

Appoint a back marker for this ride

Tell riders not to drop the back marker and to wait at junctions for the person behind

And to split into smaller units of three or four riders on busy roads

## Multiple Groups

If there are more than 10 riders, split them into smaller groups

Appoint a leader and backmarker for each group

Announce their names to the rest of the group

Remind riders to leave a gap of 50m to 100m between groups

But not to lose touch with the group behind

## Reiterate Key Safety Messages

Pay attention to the road ahead

Ride two abreast unless asked to do otherwise

Call and point out hazards

No sudden breaking - call out "slowing" or "stopping"

Do not wave cars past

Give horses and pedestrians plenty of room and pass them slowly

Watch out for those around you - let ride leader know if someone is struggling