



- 1) If your intention is to attend the forthcoming training ride please respond to the Mailchimp circular.
- 2) If the weather forecast is for poor conditions please check the Suffolk Riders website the evening before the ride to ensure it hasn't been cancelled.
- 3) Please arrive fully fuelled 10 minutes prior to the start time in your Suffolk Riders high vis. vest and with the ability to navigate the posted route.
- 4) At all times, you must act within RoSPA's Group Tutors Training Guide.
- 5) Report to the ride organiser, normally Richard Tricker or Steve Russell to inform them you will be acting as a Group Leader.
- 6) The organisers will arrange the riders into groups and allocate them to a Group Leader.
- 7) Once you have been allocated a group of riders, run through the training ride guidelines and how you intend to run the ride.
- 8) Typically your group will consist of three riders in addition to yourself.
- 9) It is your responsibility to ensure the group stays together and arrives at the destination.
- 10) You will generally ride second in the group with the aim of assessing the lead rider.
- 11) You should plan to stop the appropriate number of times to allow all riders in the group to lead one section.
- 12) During the ride you should regulate your speed to ensure the group stays together. If by following the lead rider you are breaking away from the other riders you should slow down to allow the group to bunch up. In the initial briefing inform the group that as lead rider they should keep the Group Leader within a reasonable distance so they can be assessed. You can ensure the group stays together as it leaves restricted zones by acting as a buffer.
- 13) If your group is caught by another, consider whether stopping your group at a convenient 'pull in' is the best way for the following riders to pass. Stopping may create a greater risk than allowing the following group to pass on an approaching straight.
- 14) If your group catches another, the lead rider will be expected to overtake as per the 'Guidelines for Riders Attending Training Rides'.
- 15) As with a tutored ride you should stop it immediately if the rules of the road are broken or you see riding which you think is endangering anyone in the group.
- 16) At the stops you should debrief the lead rider and encourage comment from all riders. If any rider is not contributing ask open questions to try and rouse some input.