

## SBC Ride Leader Cue Card

- **Welcome** riders to the **Seattle Bicycle Club** and introduce yourself.
- State **name of ride** and **level**.
- Define **level** in terms of speed and regroup policy and state what riders can **expect** from leader.
- Remind riders to be **helpful** to **and responsible** for each other.
- Make certain that everyone has **signed** the waiver, received a **map/cue sheet**, if applicable, and is wearing a **helmet**.
- Remind everyone to **check** their bicycles for mechanical problems, to **lock** their cars and not leave valuables out.



Website: [www.seattlebicycleclub.org](http://www.seattlebicycleclub.org)

Over  
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- **Review** the following:
  - ✓ the **route**
  - ✓ **mileage** options
  - ✓ any known **hazards**
  - ✓ **weather** considerations
  - ✓ importance of a **water bottle** and **drinking** fluids
  - ✓ points of **interest**
  - ✓ rest **stops** and facilities
  - ✓ **after ride** activities
- Offer these **safety** reminders:
  - ✓ Don't ride beyond your ability.
  - ✓ Obey all traffic laws, stop at all stop signs.
  - ✓ Ride no more than 2 abreast, single file in heavy traffic.
  - ✓ Ride as far to the right as practical.
  - ✓ Communicate verbally, i.e. "car back", "on your left", "stopping", etc.
  - ✓ Communicate visually, i.e. hand signals for turning, stopping, road hazards, etc.
- Make **announcement** of other rides, events etc. 6/00

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