

## GMBC Ride Leader Safety and Courtesy Checklist

(Even experienced riders can use a reminder)

- Bring a cell phone if possible and give out number for emergencies.
- Everyone must wear a helmet and straps should be adjusted correctly.
- Tell riders to follow **all** traffic laws, including signals.
- Discuss whether the ride will wait for people at intersections.
- Stop at each stop sign. Don't yell out "Clear" for the next rider.
- Use hand signals for turns and to point out road hazards (If there are new people, review the rules.)
- Wear visible clothing. In fog and rain you might also want lights.
- If there is a thunderstorm, get away from your bicycle and seek shelter in a building or a stand of trees (not a lone tree).
- Get license plate or description of harassing drivers, and report them to the ride leader and Local Motion, 802-861-2700, or [info@localmotion.org](mailto:info@localmotion.org). Contact police, if necessary.
- Single up when cars are passing. It's the law and it's polite.
- Wave your thanks to drivers who are polite and wait for you, or even drivers who are a little rude.
- Finally, a quick safety check for your bike: ABC Quick Check
  - A=Air in tires
  - B= Brakes working
  - C=Chain lubed and crank in good shape
  - Quick=Quick releases tight
  - Check=Make sure everything else seems OK
- Have fun!