

Pocket Ride Start Checklist for leaders

- Obtain a **Guest Rider form** for anyone **not** a member of Cycling UK. After the ride, pass it on to the club Secretary.
- Consider **whether to modify the planned route**, due to weather, or because of new or inexperienced riders. Safety first!
- Describe the route and where the café stop is.
- Ensure that you have a **full list of all your riders**, e.g., names on booking sheet are correct.
- Check every rider carries **emergency contact details**, either hardcopy or in emergency contacts facility of their phone. If not, record such details on phone or paper, and destroy after the ride.
- Introduce riders who have not met and appoint a **"buddy" to new riders** for safety and to ensure inclusivity and introductions to other riders.

- ❑ If your group is large (8 or more), appoint a "**back marker**" to always wait for the last rider, and explain this system to all riders.
- ❑ Ensure riders have some means of contacting you, e.g., WhatsApp or phone number
- ❑ **Unaccompanied under-18s** must present a completed parental consent form.
- ❑ **Under-13s** must be accompanied by a responsible adult who must supervise them on the ride. If this adult is not a parent / guardian then a parental consent form is required.

For further information on planning and leading a ride, see fleetcycling.org.uk/footer-menu/ride-leader-guidance/ and fleetcycling.org.uk/about-rides/post-lockdown-rides/