

Women in the Wind, Ladies of Chrome and Leather Chapter

Ride Guidelines (2014)

ROAD CAPTAIN:

The Road Captain is in charge of the ride and all riders. She has responsibility for making whatever decisions are best for the welfare of the group.

SAFETY OFFICER:

The Safety Officer is in charge of all safety aspects of the ride. She assists with group management and has responsibility for making decisions related to riders having difficulty during the ride or who are engaging in rider behavior that may be dangerous to them or other riders in the group.

BEFORE THE RIDE:

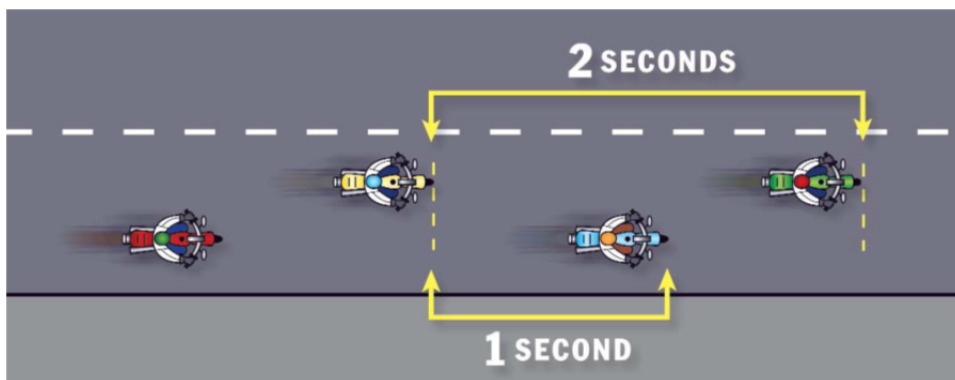
- Bike and tires in good condition; if your tires are bald or your lights are not working, you may be asked to ride behind the Sweep of the last group so as not to endanger other riders.
- Full tank of gas
- Copy of map/directions
- ON TIME for pre-ride briefing and ready to move out
- If you are concerned that your lack of experience may hinder you staying with the group on a particular ride due to speed, terrain, etc., tell the Safety Officer and she will arrange for you to “outride” with another more experienced member.

DURING THE RIDE:

- YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY 1ST AND THE SAFETY OF THE RIDERS AROUND YOU 2ND.
- Pass all hand signals back.
- If you leave the ride at other than a regular stop, signal “thumbs up” or “thumbs down” to the sweep to indicate whether you need the Sweep to stop with you.
- LOCAL travels with the flow of traffic but no faster than posted by law. All riders should be comfortable riding the speed limit whether on freeway, surface or mountain roads. If, during the ride, you find you are not able to keep up with the group or do not feel comfortable doing so, wave the other riders by you and ride in front of the Sweep. Do not put yourself or others in danger by trying to keep up, catch up, or take chances.
- If a part of the group becomes separated from the lead riders and it is impossible for the Lead to pull off and wait, the first rider in the separated group becomes acting “Lead” until it re-forms with the main group, but CONTINUE TO RIDE AS A GROUP. If you do not know the way, wave the Sweep up to take over the Lead.
- California law requires that a slow moving vehicle move over if 5 or more cars/vehicles are following it. If the group is holding up traffic, the Road Captain/Lead will pull over at the safest spot to let the faster traffic pass.

STAGGERED FORMATION:

- The Ride Captain and/or Safety Officer has the right to direct you into a specific position in the group based on the route, size of the group, or yours and others' riding experience.
- If you are a new or less experienced rider, ask the RC or SO where you should ride in the group.
- Ride in the left or right third ("track") of the lane.
- Stay in your track. Move up IN THE SAME TRACK if a rider ahead of you drops out, and take her slot. Do NOT switch tracks.
- Ride two (2) seconds behind the rider directly in front of you, one (1) second between you and the rider diagonally in front of you. Do not let your front tire overlap the rear tire of the rider who is diagonally ahead of you so you each have the entire width of the lane to avoid hazards or to move over to the opposite side of the lane when riding next to a truck. Maintaining the integrity of the group by keeping a steady speed and distance increases the safety of the group.
- Allow cars to pass through the group when necessary. However, resume your original position with the group as soon as possible.
- When merging onto or exiting a freeway, maintain single file and merge/exit when it is safe FOR YOU. If there is heavy traffic and you are not immediately able to catch up with the group, continue to follow your ride directions. The Lead will maintain a slow but safe speed until the group has re-formed or will pull off and wait at the first safe place to do so.
- TRIKES AND SPYDERS ALWAYS RIDE IN THE RIGHT TRACK. If there is no one diagonally in front of you to the left, wave the next rider into that slot.



PASSING / LANE CHANGES:

- **Freeway**
 - The Road Captain initiates lane changes.
 - The Sweep may change lanes immediately upon on or before the RC's signal in order to clear the lane.
 - DO NOT change lanes until the RC changes lanes.
 - Move into the adjacent lane from front to back after the RC moves, and return to the same position ("track") you were in.
 - Check over your shoulder before changing lanes even though the RC has already changed lanes. TURN YOUR HEAD.

- **Single File**
 - The Road Captain initiates passing.
 - Pass only when it is SAFE FOR YOU. There may not be room for the whole group to pass at once.
 - Check oncoming traffic and traffic behind you before passing. TURN YOUR HEAD.
 - Once you have passed the slower vehicle, DO NOT SLOW DOWN. Maintain your increased speed temporarily so riders behind you have room to move in behind you.

STOP LIGHTS AND STOP SIGNS:

- Close up the group at a stop by stopping two abreast.
- RIDER ON THE LEFT ALWAYS MOVES OUT FIRST, regardless of whether there is a turn or which direction of turn.

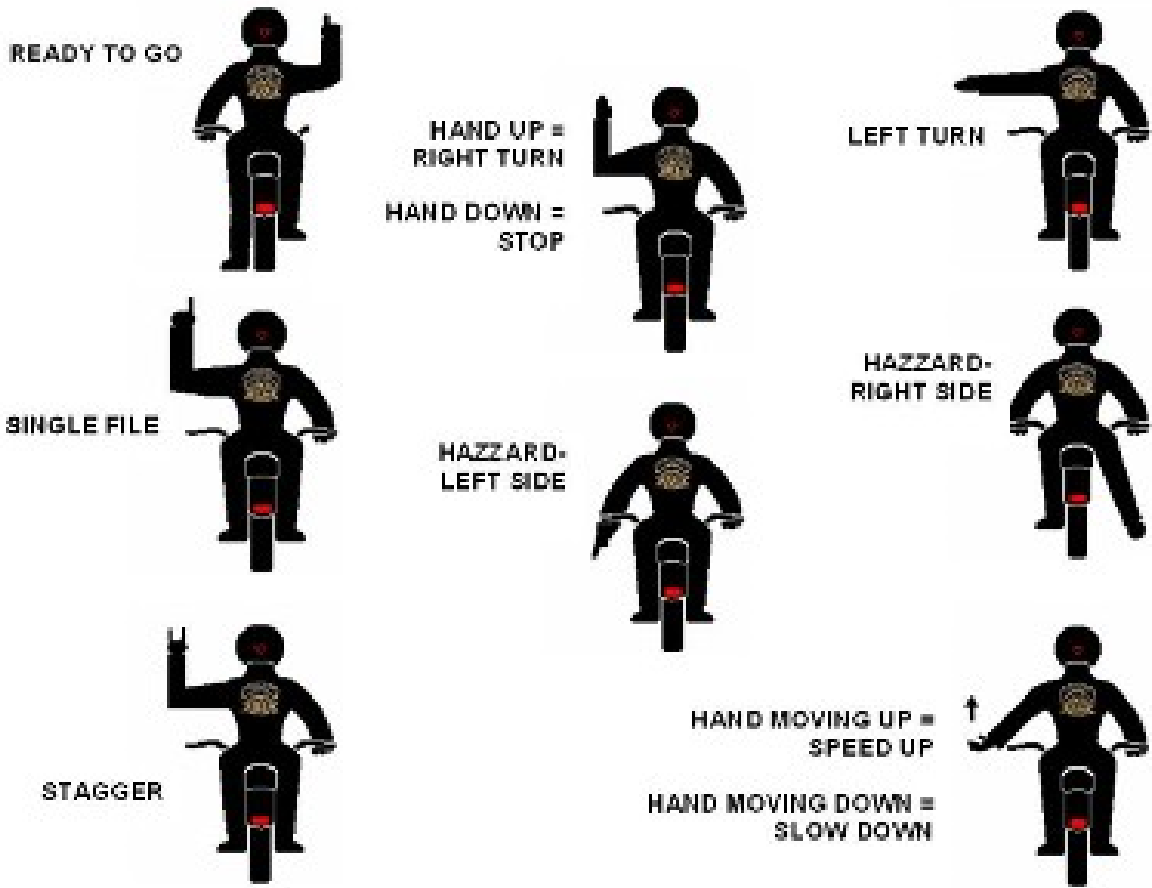
CONCERNS ABOUT THE RIDE/FORMATION:

- If you need to drop out or pull off during the ride due to a mechanical or life-threatening situation, signal “thumbs down” so the Sweep will stop with you.
- If you have a concern about any rider’s behavior or safety, speak to the Road Captain and/or Safety Officer or one of their Assistants during a stop.
- If someone is following you too closely, wave them back.
- If the person ahead of you is lagging significantly behind the group, you may pass her on the left in the same manner you would in regular traffic, whenever it is safe.

AFTER THE RIDE:

- The LOCAL ride officially ends at the final destination.
- Riders may return home alone or in smaller ad hoc groups following LOCAL ride guidelines, but the return ride is not part of the official ride.

HAND SIGNALS:



Turn Signal On - open and close hand
with fingers and thumb extended

