



Group Ride Safety



**GROUP RIDING:
Safety is everyone's
responsibility**

It doesn't matter what you ride,
JUST RIDE!

We welcome all riders: 2 wheels, 3 wheels,
traditional trikes, reverse trikes and home-builts.

We must all follow the same guidelines to ensure
a safe and enjoyable experience for everyone.

- **Be on time, a minimum of 30 minutes before departure**
- **Be prepared for the ride**
- **Be gassed up**
 - **This does not mean you filled up at home and rode for 50 miles to get to the starting point**
- **We plan gas stops for approximately 120 miles**
- **Don't' be "that guy" that needs to get gas before the scheduled stop**

Therapy



Group Therapy



Group Riding Involves:

- Formation riding
- Increased awareness to those around you
- Heightened attention to safety
- Team effort – adjusting your ride
- Constant Communication



Please RSVP for All Rides!

- An RSVP helps us to plan for reservations at restaurants and also helps us to be prepared for how many ride leaders we need for the number of people expected.
- Signed Waiver



➤ TCLOCK

T=Tires and Wheels

C=Control Levers

L=Lights & Battery

O=Oil Levels

C=Chassis

K=Kickstand

- Correct riding gear for weather conditions
- Experience level for bad weather riding
- Waivers Signed
- No alcohol or drug use on group rides
- Advise ride leader of any medical condition
- Mentally Prepared
- Have a plan in case of breakdown
- Arrive on time with full tank of gas

Come Prepared

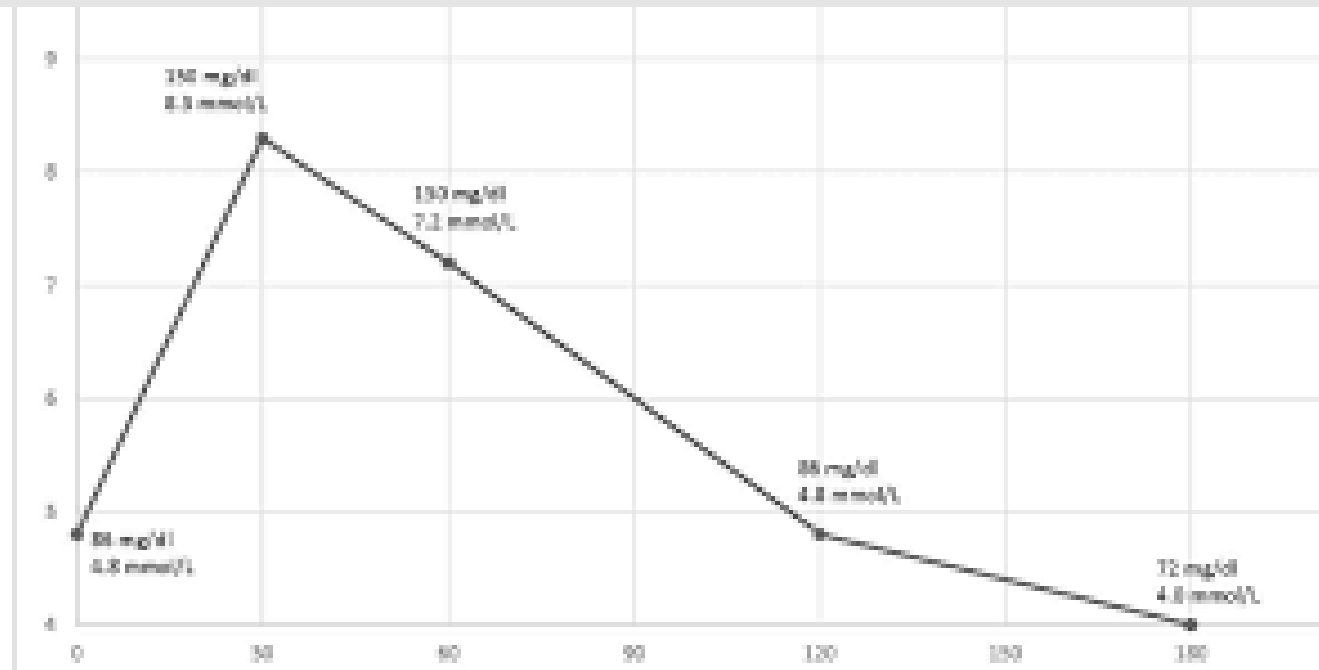
Ride Preparation for the Body

- **Sleep?**
- **Eat?**
- **Fluids?**
- **Meds?**



During the Ride

- Hydration
- Fuel Stop Food





Suggested List of Gear

- Rain Gear
- Extra Pair of Gloves
- Night Riding Glasses
- Sunscreen
- Temperature appropriate clothing
- Tool Kit
- First Aid Kit



Inclement Weather



- SOAR usually does NOT cancel rides due to rain.
- We may possibly change the destination. If we choose to ride, this does not mean that it is safe for everyone to ride. It is very important that each person uses their own judgment to ride or not to ride based on their skill and comfort level.
- If severe conditions exist at the time the ride is scheduled to depart, we may cancel. If we know ahead of time that a ride will be cancelled, we will spread the word via social media.
- If you are signed up for a ride and decide you're not comfortable riding in the rain, it's ok. We fully expect less people to show up in inclement weather.
- Remember. . .

Inclement Weather

Sometimes you just get caught!



Communicate with your Ride Leader

- Especially if you are nervous or apprehensive about your riding skills.
 - **If you are less comfortable with higher speeds, ride closer to the front.** Leaders will observe posted speed limits, however, due to the laws of physics, bikes at the back of the group will likely need to go faster. Communicate with your leader at any time if you feel you can't keep up (the sooner the better).



Staging

- New, inexperienced riders will be staged directly behind the leader.
- Advanced riders to rear.

Communicate
with us
Regarding
Group Safety



Safety is everyone's responsibility!
If you have feedback, comments, suggestions or a *specific safety concern*, talk to your Ride Leader or SOAR staff.

Pre-Ride Meeting

- What is it? Who attends? Why?
- Please be on time! – 30 minutes before departure time
- Discuss the route – we'll provide addresses of main stops along the route (take photo).
- Note any trouble spots.
- Discuss planned stops
- Safety issues – group riding logistics
- Weather conditions

Pre-Ride Meeting

➤ Identifying Who's Who

- Introduce the ride management team
- Leaders and Sweeps by group(if split)
- Leads and Sweeps carry first aid kits
- Any Medical People on ride? Identify yourself!

Launching the Ride


















- Listen to the pre-ride information
- Be prepared to ride 120 miles!
 - **Gas – Clothes – Bladder**
- Thumbs up when ready to go
- Follow your ride leader into formation

Hand Signals

- Single File
- Staggered
- Road Hazard
- Turn Signals
- Slow Down
- Pull Off
- Re-Group
- Take 5
- Remember to pass hand signals back

MOTORCYCLE HAND SIGNALS

 <p>LEFT TURN Arm and hand extending left, palm facing down</p>	 <p>RIGHT TURN Arm out bent at 90° angle up with fist clinched</p>	 <p>STOP Arm out bent at 90° angle down with palm facing back</p>
 <p>SLOW DOWN Arm extended straight out with palm facing down while swinging arm down</p>	 <p>SPEED UP Arm extended straight out with palm facing up while swinging arm upward</p>	 <p>HAZARD IN ROAD On left point with left hand On right point with right foot</p>
 <p>FOLLOW ME Arm extended straight up with palm facing forward</p>	 <p>COME AROUND/ TAKE THE LEAD Arm extended index finger pointing out while swinging arc from back to front</p>	 <p>PULL OFF Arm extended index finger pointing out while swinging arc from left to over head</p>
 <p>SINGLE FILE Arm straight up with index finger pointed up</p>	 <p>DOUBLE FILE Arm straight up with index finger and middle finger up</p>	 <p>RIDE STAGGERED Arm straight up with index finger and pinky up</p>
 <p>FUEL STOP Point to fuel tank</p>	 <p>COMFORT STOP Arm extended with clinched fist with short up and down motion</p>	 <p>REFRESHMENT STOP Fingers closed with thumb to mouth</p>

NOT SPYDER HAND SIGNALS



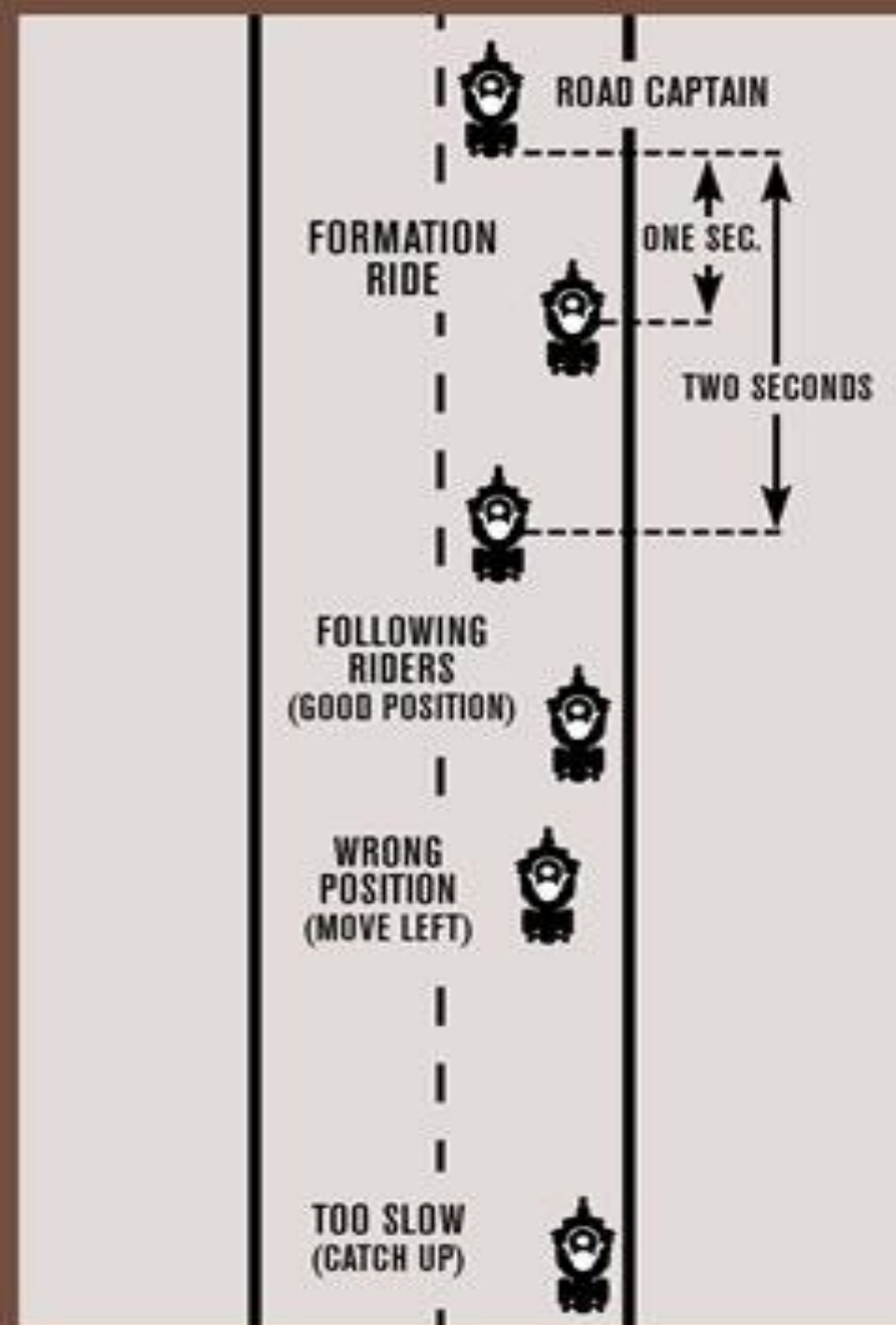
MOTORCYCLE HAND SIGNALS

obvious
plant

 <p>Left turn</p>	 <p>Right turn</p>	 <p>Look, a doggie!</p>	 <p>Let's stop to pet the doggie</p>
 <p>Flap! Flap! I am a birb</p>	 <p>LMAO now I am crab!</p>	 <p>Who wants a Slurpee?</p>	 <p>I want a Slurpee!</p>
 <p>Shrek 1 is my favorite movie</p>	 <p>Shrek 2 is my favorite movie</p>	 <p>F*ck you both Shrek 3 is clearly the best film of all time</p>	 <p>Hand me a taco</p>
 <p>I'm a lil teapot short and stout</p>	 <p>A bug flew in my mouth</p>	 <p>I HAVE A SWORD!</p>	 <p>I have a sword injury</p>

Formation Riding

- Staggered formation
- Headlights on low-beam
 - Facilitates leader spotting the sweep who will ride with his/her high-beams on.
- 2 second rule
- Mind the gap
- Do NOT jockey for position
- **Absolutely no passing** – Stay in your position within the group.



Preventing Slinky Effect

- Proper spacing is important
- Ride leaders will start slow from a stop
- Don't lag behind creating large gaps
- Ride leaders will reduce speed slowly to reduce the “slinky” effect

Keep a wide range of vision!

- Remember to look AHEAD of the bike in front of you.
- Don't just watch the bike you're following.
 - What if something happens to them?
 - Do you have enough room to respond?
 - It is YOUR responsibility to ride safely!
- Be your “brother’s keeper” – watch for the bike behind you. If there’s no one there...AT A TURN...safely stop and wait!



Intersections

- 2 Way Stop Sign
 - Each bike must stop, then proceed
 - 2 by 2, next to each other
- 4 Way Stop Sign
- Traffic Lights – Red Light Law
- **We do not block intersections.**
- Leaders anticipate the traffic signal changing
- You will not be left behind



You Will Not be Left Behind

- Ride leaders will adjust speed
- If necessary, they will pull the group over – Stay on your bike.
- If the group gets ahead of you, continue following the road you are on – **do not speed to catch up**
- Someone should wait at turns for the group



Side of road stops

- Reason behind stops:
 - **Regrouping**
 - **Adjust riding gear for current weather conditions**
 - **Leader needs to stop for unexpected reroute**
 - **Challenging conditions**
- Stay on your bike even if Leader dismounts
 - **Only dismount if Leader signals.**
- Keep eyes on Leader
- When re-entering roadway all bikes pull out once Leader has. Do not pull forward and then enter the lane.

BREAK  **TIME**

10 Minute Break





Curves



- Space out and go single file.
- Give yourself the room you need to take the curve safely. The suggested speed posted for the curve is trustworthy.
- Should you take the curve wide and go off the pavement, slow your bike to a speed to reenter the roadway safely.
- Do NOT cross the center line.

Challenging Conditions

- Rain – Stopping to put on rain gear
 - Fog
 - Slippery leaves or grass clippings
 - Sun Blindness
-
- Slow down and allow more space between you and the bike in front of you.
 - If you need to make an unscheduled stop for safety reasons, wait for a safe place, hand signal and pull over. The sweep will stop with you.



Lane Changes & Passing

- *Is it necessary?*
- *Is it safe?*
- *Is it legal?*
- *Patience is a must!*
 - Slow down and allow more space between you and the bike in front of you
 - Sweep will initiate the lane change with direction from the ride leader
 - Change lanes only after leader does – Do not try to help if you are not a leader or sweep.
 - Do not assume it is safe

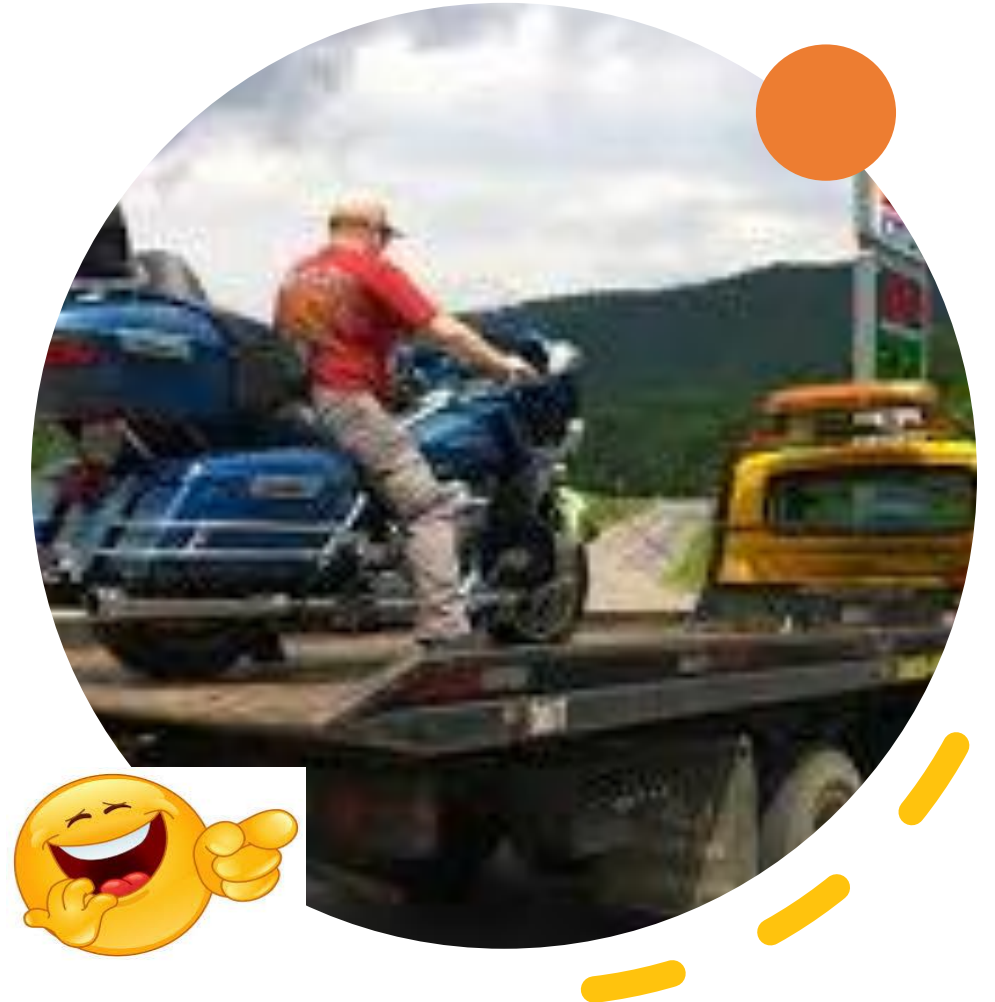
Parking and Restaging

- Maintain preset order in formation
- Do not depart formation – follow leader
 - Be very alert, high activity, dangerous
- Use proper parking techniques
 - Don't back into parking space
 - 2 bikes will fit in a parking space
- Gas stops – Pull into gas station in same direction. Help others off the street.
 - Do not criss-cross each other
 - Get gas and move out of the way
- Restage with group – new riders up front
- If you are leaving the group, advise your leaders
- Check with other riders around you if you want to change positions



Breakdowns

- Signal that you are pulling off
- ONLY the sweep stops to help
- All others keep with your group
- Should the group pull over, ***for your safety – stay on your bike***



Accidents

- Same rules as with breakdowns
- Become hyper alert of surrounding traffic
- Stay with the group – leader will direct group to safety
- Medical assistance
 - Medically trained riders may assist
- If you stop to assist, park safely out of traffic and follow the directions of the sweep and/or emergency personnel



At the Scene of an Accident – P.A.C.T

- Prevent further injury or another accident
- Assess the situation
- Contact the EMS/Call 911
- Treat the injuries

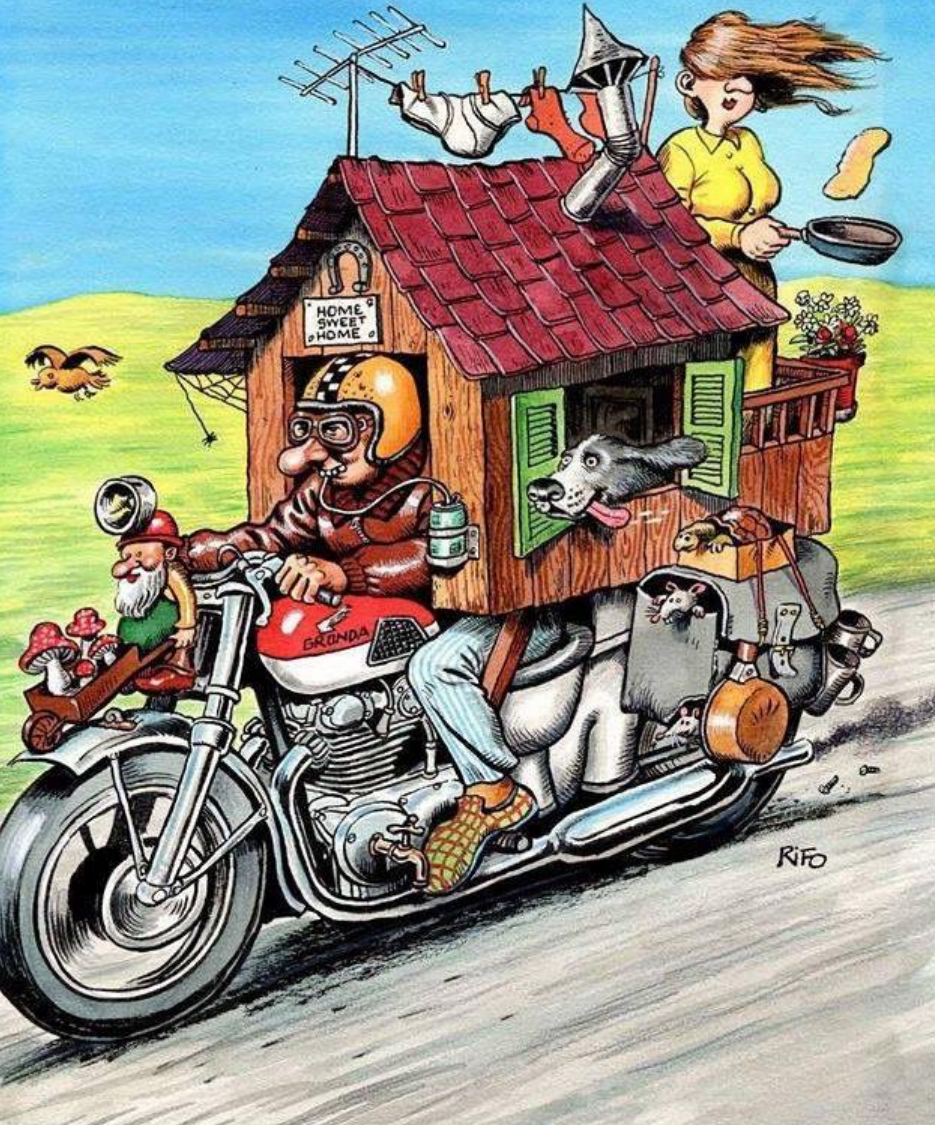


Crash Course for the Motorcyclist



- Go to www.roadguardians.org
Some Refresher Courses Available Online
- Recommended course for everyone to learn what to do at the scene of an accident until medical help arrives.
- This course may save a life!

The Ride Home



- Advise leaders of when you will depart group
- If possible, those departing group first should stage in the back
- Advise those riding near you when you will break off – Out of courtesy, wave as you pull off or someone may follow you home
- Those remaining continue staggered formation

Practice ★ Practice ★ Practice

- “Skills are perishable” – Jerry Paladino
- Take MSF Course
- Take MSF ERC Course
- Take the Advance 3-Wheel course
- Set up your own course for practice
- Read tips on improving your skills
- Ask questions
- Consider becoming part of our Ride Management Team
 - Leaders
 - Sweeps
 - Route/Ride Planners





Questions?



Thanks for Coming!

- We're always looking for ride suggestions
- Ride Safe! Ride Smart!