

Information for all club ride navigators

*Under British Triathlon health and safety guidelines the navigator is not responsible for health and safety of the group, but rather for *managing* the group round the cycle route.

* The British Triathlon health and safety guidelines state that 'No advice should take place whilst on the move or in a vulnerable position, however guidance and advice may be offered when stopped and in a safe location to do so'.

* These rides are for adult members of the Chester Tri Club only (i.e. over 17 years or older and if under 18 years old then a parent/guardian approval is needed – see sign on sheet).

Before the day of the ride

- 1) Choose a suitable route that can be completed in the time and at the pace advised for the ride. Either create your own route or choose from the ride list on the website. Please make sure you are familiar with the route, or at least the general area. Download the route to your navigational device if you have one (there are club ones available to borrow) or make sure you can follow it on a map.
- 2) Please post on the club Facebook page stating the route to be used and ideally include a link to a gpx file of the route. Say what distance is involved and anticipated average pace. Also say whether it's hilly or flat and whether a coffee stop is planned. Please remind everyone to check the club website bike section for advice about what to bring to the ride and how to ride in our groups.

On the day of the ride

- 1) Please turn up 15 minutes early to the ride, to welcome people and start identifying which group they might join.
- 2) Please encourage riders to choose the group which matches their fitness and speed, to make it possible for the group to ride together without anyone being left behind or held back.
- 3) Before setting off ask everyone to sign the sign on sheet. Then ask everyone in your group to photo it so that every member of the group has the emergency contact information for everyone else. Each group to have their own sheet because it includes emergency contact information. You might also remind members to program ICE - "In Case of Emergency" – into their phones as a way of providing access to additional medical info.
- 4) You might also provide the group with your mobile number. Asking everyone to text you is a way to store everyone's numbers on your mobile.
- 5) Make sure that everyone is familiar with the calls and hand signals (Car front, pulling out etc)
- 6) Explain that having formed groups, if one or two people start to 'fall off the back', the pace of the group will be slowed to keep the group together. If people are too fast for the group, explain that we need to keep the pace to that advertised.

After the ride

7) Please feedback to the bike lead on how the ride went and details of any accidents / incidents. Email: bike@chestertri.org.uk