| Check 'Document declaration' is signed | |
|--|--|
| Assess rider's capabilities as much as possible during briefing | |
| Explain protocol for Social Ride and make arrangements as required | |
| Weather conditions | Appropriate clothing |
| | Adjust pace if required |
| | If conditions very poor then abort ride |
| Route and | Route is known / discussed |
| separation | Signalling protocol is defined |
| procedure (getting | Separation procedure defined |
| lost) | Mobile Numbers exchanged |
| Inappropriate pace | Stop and remind or coach associate |
| or unsafe riding | Discontinue if associate ignores advice |
| Stopping and | Stopping procedure is understood |
| breaks | Stopping place is appropriate |
| Accident or near | Accident – First aid / Emergency Services as |
| miss | appropriate |
| | ICE contact and number |
| | Discuss near misses with Chief Observer |
| 23 rd September 2019 | |