

## Group Ride – Safety Checklist

- Helmets are required when riding in HBL Group Rides (must be buckled). No exceptions.
- Explain general ride route (any dangerous sections to note?) and regrouping stops along the way. If anyone is planning to leave during the ride they must notify you.
- Make sure all riders feel welcomed and have your contact number.
- Does everyone have enough nutrition / water?
- Follow the rules of the road!:
  - Ride single-file (you can bunch up at stop signs or red lights)
  - Obey all traffic signs and signals
  - Use lights at night
  - Yield to pedestrians
- Ride predictably! Do not swerve, dodge in and out of parked cars, or avoid hazards at the last moment. Keep a steady pace.
- Scan ahead and always be alert.
- Group riding communication:
  - Signal ahead of time any turns, changes in speed (slowing, stopping), and hazards (potholes, runners, storm grates, etc.)
  - Go over what hand signals will you be using
  - Have riders relay the message down the line (verbally or with hand signals)
  - Explain “Car back”, “car up”
  - No saying “clear” through intersections – every rider responsible for their own safety
- Pass other riders on the left, after giving them notice ahead of time (verbally or by bell).
- Do not filter through cars. You are a vehicle operator and should act appropriately.
- When stopping make sure you are completely off the road (and not blocking the sidewalk).
- Lane positioning:
  - Stay out of the “Door Zone” (ride at least 3-4 feet away from parked cars)."
  - Keep at least 3-feet from the curb.
  - When riding in lanes less than 14 feet wide you should “take the lane” for your safety (this way you will have 3-feet from the curb and at least 3-feet from the motor vehicles).
- Keep at least one-bike length between riders (unless deciding to paceline). Give more distance when going downhill.
- Have aloha! Be friendly with all users of the road.

### Other:

- Don't forget: Carry the Ride Sign-in/Waiver with you!
- Other Ride Helpers need to take a picture of the Ride Sign-in/Waiver
- Don't litter. Leave the place better than you found it.
- ABC Quick Check** (bicycle safety check, should take 1-minute):
  - A – Air: Inflate to the recommended PSI on the tire wall before you ride. Having the right amount of PSI is the best (cheapest, and easiest) way to prevent getting a flat!
  - B – Brakes: When pulled, the brake lever should not reach your handlebars (no less than a thumbs width away). Your brakes should stop the wheel from spinning. Brake pads should still have “wear-indicator lines” and not be worn through.
  - C – Cranks/Chain/Cog/Cassette: Make sure your chain is in good condition and lightly lubed (especially after wet rides). Wiggle crank arms, there shouldn't be lateral play.
  - Quick – Quick Releases: Typically located on your front and rear wheels, brakes, and sometimes seat – make sure they are properly closed.

