

ROAD CAPTAIN GUIDELINES

SECTION 1. ROAD CAPTAIN PRE-RIDE RIDE

If possible pre-ride the route and take note of the following:

- Any construction zones.
- Loose gravel or sand, potholes, and other obstacles on the road or ride route.
- Intersections, bridges, or anything the riders need to be aware of.
- Curves, one lane roads, or conditions where riders should be single file.
- For longer rides, note places of interest and possible emergency stopping spots.
- Time it takes to ride the route, allowing for fuel breaks (distance between stops), water or food breaks, and any other stops. Time fuel stops for the bikes that have to refuel the soonest.

Decide how many assistant road captains you may need and ask them to do the pre-ride.

When returning from the pre-ride take time to write your notes and present information before the ride.

Arrange for:

- A chase vehicle with necessary tie-downs, tools, and a can of gas.
- First Aid or First Responders, and where they will be in the group.
- Maps of the suggested route.
- AMA waivers.
- Road guards if needed and legal to do so.
- Businesses involved in stops along the ride route to be notified, including time of stop and size of group.

SECTION 2. PRE-RIDE INSTRUCTIONS FOR RIDERS (DAY OF THE RIDE)

Every rider should:

- Perform a safety check of his or her bike prior to the ride.
- Have a full tank of fuel and an empty bladder.
- Sign any insurance waiver for the ride.

Do a head count of riders.

Inform riders:

- About suggested ride route and stops, as well as route conditions, weather and safety concerns.
- Go over all hand and foot signals.
- Riding order of club members and guest riders.
- Who the road captains and assistants are.
- Who the First Responders are and where they will be.

Ride Rules:

- The CVR Road Captain will be first, followed by CVR Officers, full members, other CVR riders, guests, three wheel or side-carts, sweeps, and chase vehicles.
- Every operator must have insurance and motorcycle endorsement. If not, they don't ride with us because there is too much liability.
- Any observance of unsafe riding or other problems will be reported to the road captain or assistants as soon as possible.
- We will ride close to the speed limit.
- CVR has adopted a three second rule for riding distance between bikes.
- No changing lanes. Pull up and fill the spot in front of you as necessary.
- Allow plenty of time to pass and watch the rider to your right when returning to your lane. Never cut in too soon. Get distance ahead of the vehicle you are passing before returning to your lane.
- Pay attention. You will go where you are looking. This is the cause of many accidents.
- If you have a problem, pull over to the side of the road and signal that you need help.
- Never leave the pack without letting the road captain know you are going. It is best if you inform us before the ride starts if you plan to leave early.
- Watch fellow riders to make sure they are doing okay and that NO ONE is drinking too much at stops. (Encourage riders not to drink alcohol until end of ride for the safety of all).
- Ask if anyone is in poor health or on medication that may impair the safety of the group.
- Ask if anyone has questions or concerns.

Do the pledge of allegiance, moment of silence, and prayer for a safe ride, before leaving.

NO CVR MEMBER WILL LEAVE THE RIDE, OFFICERS, OR MEMBERS WITHOUT PERMISSION. WE RIDE OUT AS

CVR AND RETURN AS CVR. WE STAY WITH OUR PRESIDENT, AND MEMBERS, BECAUSE WE DON'T LEAVE FAMILY BEHIND.

SECTION 3. INSTRUCTIONS FOR ROAD CAPTAIN.

Choose ride assistants if not already done ahead of time.

- The Road Captain will be on the zipper, followed by the President on the shoulder, VP on the zipper, Secretary on the shoulder, Treasurer on the zipper, and so on to the back of the pack.
- When starting out or leaving an intersection or traffic light, accelerate through the intersection to try and get as many riders as possible through. Then slow down, allowing the back of the pack to catch up without breaking the speed limit before returning to full speed.
- When approaching a traffic light, try to judge your speed so as to arrive at a light as it turns green, or plan on stopping on a green light if necessary, and without blocking traffic, to let riders group up so as many as possible can get through the light when it turns green. THIS IS A JUDGEMENT CALL.
- If you lose riders at a light or stop sign, slow the group down and allow them to gather back up. If necessary, find a spot to pull everyone over and wait.
- Without being unsafe, keep an eye out behind you to know what is happening.
- Look ahead and try to anticipate changes that are coming and give the group time to react.
- Give signals far enough ahead of time for everyone to signal back to other riders.
- When it is clear and safe to pass on two lane roads, move to passing lane, leaving your signal on, and stay in passing lane until everyone has completed the pass. This allows riders behind you to know it is clear to pass. If oncoming traffic appears, signal and return to lane soon enough to allow everyone to return to their lane.
- For passing or uphill lanes, if cars are not backed up behind the pack, stay in passing lane so cars are not cutting in. If traffic is backing up, try to let them by, or riders can open passing room if necessary and then regroup.
- Use good judgment as to speed in curves so less experienced riders don't have to override their skills.
- After twisty sections find a place to regroup and make sure everyone is safe.
- Whenever possible on the interstate, it is a good idea to clear and hold lanes from the back of the pack. As Road Captain, you can judge as far back as you can see when is the best time to pass or make lane changes safely.
- REMEMBER, IT IS YOUR RESPONSIBILITY TO MAKE THE BEST DECISIONS YOU CAN REGARDING SPEED AND CONDITIONS SO THE GROUP IS AS SAFE AS POSSIBLE.

ANY accidents or other problems should be reported to the Road Captain as soon as possible. The ranking CVR Officer should also be informed. Remember to be as professional as possible if there is an accident.

*Get first aid to any injured riders first.

*Take photos.

*Cooperate as necessary with authorities.

*Do not move bikes or injured unless necessary for safety.

*Don't volunteer info if you weren't there or don't know what happened.

*If necessary, set up traffic control.

*Move to a safe spot and wait for further instruction.

*Stay calm.

When the ride makes stops, check to see if there are any problems. Do a head count. Make adjustments to riding positions in the pack and inform assistants and/or SAA to assist as necessary.

At the end of the ride, it is a good idea to do an after-ride assessment.