

Weekend Ride Leader Guidelines

Weekend Rides may take many different formats such as:

- Short rides leaving Regina and returning to Regina by bike
 - Ex. Lumsden for Lunch
- Gravel road or trail rides usually requiring a hybrid or mountain bike. The ride may leave Regina or riders may drive to another location to start the ride.
 - Ex. Seven Bridges Road
- Camping weekends that include cycling
 - Ex. Riding Mountain National Park
- Loaded touring and camping rides
- Theme rides in Regina
 - Ex. Flower tours
 - Ex. Progressive Supper
- One day rides starting at another location
 - Ex. Starting in Moose Jaw and going to Buffalo Pound

Choose the Route

- Please work in conjunction with Tour Coordinator to choose a date for your ride.
- Plan a route which you feel is safe and appropriate. Consider amount of traffic, difficult intersections, road surfaces and distances.
- If possible you can ride or drive the route ahead of time. This may not always be possible.
- Once you have made a plan, contact the Tour Coordinator providing description of the ride. If possible include route, distance, time of departure and type of bike required. The ride will then be posted to Cycle App, Facebook, and the Website

The Ride

- Arrive early in time to “meet and greet” riders.
- Ensure that everyone is a member of the Freewheelers or other club affiliated with the Saskatchewan Cycling Association.
- If possible it is a good idea to have brief stops where everyone can regroup. It is important that no rider is left way behind.
- Look for new riders who may need encouragement or assistance. You may decide to ask a veteran to “watch over” an insecure rider. We want everyone to have a good ride and come back for more.
- Enforce the SCA requirement of wearing an approved helmet.
- In case of inclement weather, check with Environment Canada for a Weather Warning which would cancel the ride.
- Model safe riding.