

Pre-ride Announcements (start 9:55 am)

1. Choose **language** (according to what people understand)
2. Anyones' first time? Give them a warm welcome (and make a mental note)
3. Present ride leaders
4. **"Social ride-Pace"**
 - a. **Comfortable pace for everyone** - shout ahead if pace is too high; people getting dropped, etc. & pass on anything you hear
5. Ride etiquette:
 - a. **Follow public road rules** (e.g. no freihändig, groups larger 16: people behind are allowed to pass light that just changes to red)
 - b. **Keep the group together** - follow the back wheel as much as possible, no fast acceleration (especially coming out of traffic lights/around corners)
 - c. **No sudden braking**
 - d. **Hand signs:** Left/right, obstacle at left / right, caution, stop (+general importance of communication)
6. Climb etiquette:
 - a. **Everyone at their own pace**; wait at the top
 - b. Quick riders are encouraged to come back down and ride up with people behind
 - c. **Take descents slowly and very carefully**
7. **Overview of the route** (particularly the climbs)
8. 0% discrimination policy - people should be encouraged to speak up when feeling uncomfortable
9. People should indicate if they don't want to be on photos/ Instagram

Notfall Guideline (unfinished)

- If anyone crashes, stop the whole group and ensure everyone gets off the road
- Talk to the person(s) involved in the crash and decide if an ambulance is needed
 - Ask easy questions (Name, Date, Place, ...)
- Do not let anybody ride home alone

Before the Ride

- The route should be flat every other week (<300hm) and not too hilly the other weeks (<500hm) - when planning routes "Fahrradwege" should be avoided
- **Groups larger than 25 people are split randomly** in two (independent of speed or desired distance) with a minimum separation of 5 minutes.
- For short & long rides: regroup at some pre-arranged point during the ride and split again according to distance.
- The announcements start at **09:55** so that the first group can **start on time at 10:00**. The second group then consists of anyone who shows up later.

- Each group should have **two ride leaders**:
 - These can be chosen spontaneously before the ride, and can be anyone who has been to the social ride several times before. You do not need to be fast/fit, and we actively aim to select a diverse group of people where possible.
- Count the number of people in each group and make sure both leaders know how many there are.

During the ride

- Ride leaders:
 - **One leader** should ride within the first couple of rows, ensure the route is followed and that the tempo remains social and the group stays together - try not to get carried away or lost in conversation. If you don't have a bike computer, find someone who does and is willing to ride consistently at the front.
 - **The other leader** should ride within the last couple of rows and ensure everyone is comfortable with the pace and the group remains together. Shout instructions to the group ahead (e.g. slow down, don't leave such big gaps, stay together through lights, no sudden braking, etc.). If someone is dropped or needs to stop, immediately shout forwards to the group to stop.
 - The back leader should **always** be the last person up the climbs and down the descents. Ideally, you should try to collect a small group of people who will ride at the back together and chat up all of the climbs, so that the last person doesn't feel alone. Ensure that the last person to the top of climbs gets a substantial rest - don't just set off again as soon as they've taken a sip of water. Reiterate the importance of riding carefully on the descent.
- Watch out for anyone who is riding with us for the first time, especially if they are generally new to cycling. Ideally have ride leaders and/or just experienced/Orga people ride with them for the first few km and make them feel welcome. Likewise, actively try to encourage people who are less fast/experienced, on gravel bikes, or for whatever reason might be unsure if they are in the right spot, and make it clear that they are welcome here.
- If someone approaches you saying they were discriminated against or don't feel comfortable with one of the people in the group: don't question the claim but comfort them, and immediately approach the person they are concerned about, excluding them from the ride in serious cases (after contacting Orga group). TODO more explicit guidance here.

After the ride

- Record the number of people/women present in the spreadsheet - TODO

- Reiterate that anyone who does not want to appear on social media should approach/private message one of the ride leaders, and make a note of anyone who does this.
- Remind people that we have a feedback form and any comments are welcomed, then send this into the group chat immediately after the ride.