

**ALPINE CYCLING CLUB JUNIOR MTB BIKE
BRIEF FOR ADULT RIDE SUPERVISOR**

Key purpose of this role is to guide a group of kids safely on tracks that interest them and assist them to become better riders.

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| <p>Guiding a group safely Ideal group size is six kids with a minimum of one adult supervisor (2 adults are recommended for larger groups or groups with younger kids)</p> <p>Maximum group size 16 people</p> | <p>Prior to leaving, supervisor should:</p> <ul style="list-style-type: none"> • confirm numbers of kids in their group • ensure they have the coordinators phone number • Brief kids on expected behaviour • ensure that kids have a plate with their name and emergency contact details • ensure that bikes are in safe condition |
| <p>While riding adults need to:</p> <ul style="list-style-type: none"> • conduct regular head counts • ensure group knows proposed route and stays together • continue to asses suitability of route • monitor wellbeing of participants • monitor time to ensure they return to base on time • have fun | <p>Each group should have</p> <ul style="list-style-type: none"> • first aid kit • bicycle repair kit • mobile phone <p>Selecting a route consider:</p> <ul style="list-style-type: none"> • interests of group • ability of group (if unknown ride an easy track to assess) • ability of supervisor |

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| <p>Pre-ride briefing can include:</p> <ul style="list-style-type: none"> • how many people in our group? • importance of staying together or re-grouping at track junctions • leaving enough space between riders in technical sections • what route you are taking allowing everyone the chance to be in front • kids should have a drink bottle and clothes suitable for the conditions | <p>Pre-ride safety check (teach kids to do this themselves)</p> <ul style="list-style-type: none"> • tyre pressure • tyre condition • brakes working • gears working • seat height • bar ends |
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Getting more from your ride – think about your position in the group:

- sometimes riding ahead and positioning yourself at a point where kids may need assistance
- sometimes letting kids going ahead to re-group at an agreed point
- teach your group the importance of re-grouping at intersections
- let the kids help decide the route but make the final decision with your understanding of their abilities
- ask the kids what they know – if they have done skills clinics they may just need to be reminded about the skills they have learnt
- have fun!