

| WHAM - Group Riding Run Sheet -----for Observer's & Associates: Version Issued V1.1 260423 | | |
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| | <i>Tick when Completed:</i> | |
| INITIAL BRIEFING CO/ NO | COACHED | PARTICIPATED |
| •Ride your own ride and make your own decisions, always be safe and legal. | | |
| •Resist any pressure to “keep up”. | | |
| •Identify members new to Group Riding & those who've not ridden for a while. | | |
| •Know who does not know the route or destination. | | |
| •Identify any circumstances or hazards on the day. | | |
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| GROUP BRIEFING | COACHED | PARTICIPATED |
| •Agree initial lead rider & who is new . | | |
| •Understand who has the Sat Nav route & those who have not. | | |
| •Agree group rotation or not. | | |
| •Exchange mobile numbers & Check if anyone wants to leave the group early. | | |
| •Aim to keep the group together. | | |
| •Ensure rider behind sees all changes of direction. | | |
| •If a rider loses touch with the group or is delayed, one of the group will be waiting in a safe position at the next junction. | | |
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| GROUP RIDING (GR) SKILLS - OPEN ROAD | COACHED | PARTICIPATED |
| •Leader generally has best view & opportunity to progress. | | |
| •Apply the 2 second rule within the group, appropriate to hazards. | | |
| •Remember; Safety bubble, Progress & Restraint etc. | | |
| •If busy/traffic, or new to GR , avoid the pressure to keep up. | | |
| •Understand dangers of "Following Focus" & "Tunnel Vision" | | |
| •Ride own Ride, Make your own decisions. | | |
| •Don't underestimate the discipline & concentration required. | | |
| •Leaders aim to keep group together by scanning, pace/acceleration sense etc. | | |
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| GR SKILLS - IN AND APPROACHING TOWNS AND VILLAGES | COACHED | PARTICIPATED |
| •Staggered formation as appropriate to help keep group together when negotiate lights, Roadworks etc. BUT requires heightened awareness & good slow riding skills. | | |

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| •Lead Rider to consider stopping on the nearside at temp lights, road works etc. to make room for the riders behind via a group staggered stop. | | |
| GR SKILLS - OVERTAKING | COACHED | PARTICIPATED |
| •Decide for yourself when safe to overtake. | | |
| •Only overtake the lead rider if agreed and when signalled to do so by lead rider. | | |
| •Following rider OTs when safe & clear. | | |
| •Never just follow a Rider who is overtaking. | | |
| GR SKILLS - HOW TO CHANGE POSITION IN A GROUP | COACHED | PARTICIPATED |
| •Agree prior to start of the ride. | | |
| •Rider in front waves through to avoid surprises. | | |
| •Riders overtake one at a time. | | |
| •Be safe, be considerate. | | |
| GR SKILLS - WHEN TO LET ANOTHER GROUP THROUGH - There are 2 options; | COACHED | PARTICIPATED |
| •The catching group may decide to <u>stop</u> to maintain group separation. | | |
| •However if the following group is making better progress, the <u>last rider</u> in the leading group will be in the best position to signal by moving to "Position 1" on the road when safe to let them through. | | |
| GR SKILLS - WHEN TO STOP YOUR GROUP - ANY TIME A RIDER WISHES TO DO SO eg. | COACHED | PARTICIPATED |
| •In the event of an accident. | | |
| •If something is clearly wrong with the rider or machine/journey etc. | | |
| •For a safety issue. | | |
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