



CIPRESSA CYCLING
THE EXPERIENCE



Ride Captain and Marshall Brief 2024

- Safety first is our mantra.
- Our aim is to get every rider to complete the ride safely.
- Know the route.
- The last rider must be brought in.
- Be courteous at all times, to fellow road users.
- Obey the rules of the road.
- Ride responsibly and predictably



Ride Captain and Marshall Brief 2024

- Captain and marshall must not be late.
- Count how many riders there are.
- Identify any guests, welcome them and appraise their riding ability
- Before departing check who is going the full distance and who will go short.
- **Assist new and unfit riders to plan a shorter route.**
- Buddy system for new riders.
- Nominate additional marshals if need be.
- Split the group if need be based on ability and size.



Ride Captain and Marshall Brief 2024

- Buddy system for punctures, Marshall decides who stops.
- Ride two abreast, never more, and single file where required.
- Dictate the pace of the group.
- **No gaps in the group so cars can pass easily.**
- Stick to the left hand side of the road.
- Ride inside the emergency lane if there is one, as close to the edge as is safe, avoiding cars as far as possible.
- Re-group **if need be** where it is safe to do so.
- Common sense to be applied in the interest of safety.



Ride Captain and Marshall Brief 2024

- Do not change the route planned except for emergencies.
- The club must be notified if there is a change in route.
- Captain and Marshalls to be obeyed at all times.
- Carry a phone and ensure that you are contactable.