

# SAFETY SPEECH

## AIDS RIDE

*[this part is for you, the TRL, to read to yourself]*

### INSTRUCTIONS FOR TRAINING RIDE LEADERS (TRL)

First – give yourself an acknowledgement for leading/sweeping/middling today's ride. You have made a commitment to the event, to AIDS and to others like you. THANK YOU.

Bring the group together, and designate someone to watch the bikes.

Do not allow riders to talk during the speech.

Speak loudly and clearly.

Even if you read the information verbatim, look up and make eye contact with the riders from time to time, **also**, try to personalize it.

**INTRODUCE** yourself, the sweep and middle, if there is one, and explain what your roles are. Also point out any other TRLs that happen to be on your ride. Find out if this is anyone's first training ride (this can happen on any level training ride, at any point in the season)

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If you don't know it yet, **SAFETY IS OUR FIRST PRIORITY** on any training ride and on the AIDS Ride itself. NOTHING is more important to us than safety. NOTHING. We are all – mostly importantly YOU are – going to do everything possible to insure safety. There exists the possibility that you could die on today's ride. An even greater possibility exists that you could get injured on today's ride.

Because this is first and foremost in our minds, we will cover that first.

### **INJURIES AND EMERGENCIES**

In the event of a rider who is seriously hurt:

STAY CALM. Secure the area first to make sure it is safe (direct cars and other cyclists around cycle and fallen rider) and do not attempt to move the rider (if you are the injured rider, do not move) and DO NOT remove his/her helmet. Call 911. *Then* call one of us. Our cell phone numbers are on your turnsheet.

Any and all blood spills are treated the same way; every precaution is taken, as if all blood has a transmittable disease. We do have gloves and when possible all clean up of blood spills should be bagged and disposed of.

In the event of less-serious injuries. all TRLs carry first aid kits, and you should too, however, we do have what you need to treat minor injuries. You are expected to help yourself when possible.

If you have a medical condition, including allergies, and it would help to let us know please do so before we get on our bikes. Confidentiality will be respected.

Now we will explain the best ways to AVOID having to do any of the things we mentioned.

### **RULES OF THE ROAD**

Bicyclists are afforded the same rights and restrictions as cars on the road; with one exception, we cannot ride on the highways. This means that we ride WITH traffic, not against it; we obey ALL traffic signals and signs. Expect that we will stop at all stop signs, red lights and that we will SIGNAL before turning, stopping or slowing. My fellow TRL will now demonstrate for you proper turn signals. RIGHT turn, LEFT turn, STOPPING, SLOWING. In addition to signaling, you should ALSO CALL OUT your intentions. Get used to using your voice, to take care of each other so we can arrive back safely. Call and point out any potential dangerous hazards, such as a parked car door that may open DOOR!; a pothole HOLE!; broken glass in the road GLASS!, a car coming up close behind CAR BACK; a car

coming towards you or turning into your lane CAR UP, CAR RIGHT, CAR LEFT. Point UP at a light turning yellow, to alert the rider behind you that he/she should stop..

Ride as far to the right as possible, but not so far as to endanger yourself from parked car doors opening suddenly. Regardless of what lane you are in, you should stay to the right side of that lane. So, if you are making a left turn, you need to move to the left lane, but stay to the right side of that lane so you don't get stuck in traffic after the turn. Take the lane (as in, stay in the middle of the lane) if that is the safest place to be. Do not stay in a right turn only lane if you are not making a right turn. This endangers you while cars are trying to turn. DO NOT weave in and out of traffic. Ride in a straight line at all times.

Ride single file. I repeat SINGLE FILE. On the Ride itself, there will be more of us than here today, all riding SINGLE FILE. Do not bunch up at lights, stay in SINGLE FILE. You can talk to your friends at the bathroom and lunch breaks. A TRL may ride next to you BRIEFLY when it is safe to do so in order to provide some helpful riding information, then the TRL will get back in SINGLE FILE.

Passing – ONLY pass another rider when it is safe to do so, meaning you have looked ahead of that rider to make sure there is enough room for you to get back in line and that you have checked traffic behind you for the brief moments you will be riding side by side. Then, and only then, call out ON YOUR LEFT! BEFORE you get there. This will give the rider you are passing enough notice to not be startled by your presence or enough time to re-evaluate a maneuver around an object in the road.

Before you do any of this you **MUST** have a SNELL or ANSI approved helmet. There is **absolutely no negotiation** on this. If you came here today without a helmet, you may not come on this training ride. If you have a helmet, make sure it is FASTENED, and properly positioned. An unfastened helmet is fairly worthless. Your head is worth more.

Absolutely NO listening to a walkman while riding. Absolutely no phone calls while riding. Pull over to the side or wait until a rest stop to make or take a phone call.

## **TODAY'S RIDE**

Did everyone get a turnsheet? Your turnsheet can alert you to tricky intersections and points on the ride. It will also help you to keep track of where we are in the ride, how far away the next bathroom is and in the unlikely event that you get lost, this can get you back on track. However, we really don't want you to be lost, we like having you with us. That is why we use the point and drop system. What this means is at every turn or tricky intersection, the lead TRL will POINT to whoever is behind him/her and they will essentially DROP out of the line to POINT in the direction that the TRL just went. You must get off of your bike to do this. You must be visible to upcoming riders BEFORE they get to where you are. Point with your whole arm, not just a finger, and use your voice, tell riders what to do, you are there for a reason. Dropping is not an option. It is a safety measure that all riders are asked to do at some point. MOST IMPORTANT – **NEVER** leave your place as a drop until you the SWEEP sees you and gives you his/her sign to get back on your bike. On large rides or rides with injuries or flats you may be dropped for a long time. DO NOT PANIC AND LEAVE. The sweep is coming. If you are concerned about it, drop with a friend. If you are standing there for a long time you can NICELY ask an upcoming rider to take your place. BUT DON'T LEAVE THE

POST UNATTENDED. Take the time to stretch, drink, and eat while you are there, but pay attention to the riders.

While we are on that subject, you **MUST** have water with you at all times. If anyone does not have water, please go and buy a bottle at the end of this speech, before we leave. You should also have something to eat with you, an energy snack, something. You should have some money with you, not only to buy more water and food, but in the event you need to take a different mode of transportation home you will be covered. Always have identification on you, something with your name, rider number, address, phone number and an emergency contact name and phone number as well. You also must carry extra tubes, a pump, and tire irons and know how to change your own tires. Flat tires happen. We do not all have the same size tubes, tires, valves. Make sure you are covered and we can help you with the rest.

### **CLOSING**

So, now that you've heard what to do in the event of an emergency, how to avoid an emergency and how to take care of yourself and others on the road. Let's put that into action. Please accept any comments or suggestions from TRLs as helpful concern, not criticism. We have done the AIDS Ride. We know it is fun, we know it is hard, we know it is worth it or we wouldn't be here. So, be careful, be safe and have fun.

Remember: **STAY ALERT, STAY ALIVE!**

Thank you for coming out for today's ride and for registering for this event. Welcome to the AIDS Ride community. You're in for quite a ride. Any questions?

[Note – find out if anyone on your ride is wearing clipless pedals for the first time, take note of who they are and where they are in the pack]