



Guidelines for Leading a MORE Ride

Ground Rules

- ☐ Rides must be OPEN to everyone (INCLUSIVE and FREE).
- ☐ All riders MUST wear a **helmet**. No exceptions.
- ☐ Ride LEAD and SWEEP must be current **MORE members**. This is for liability insurance, and it is important!
- ☐ Ride leaders are expected to be courteous and respectful and ride in a safe, legal, and responsible manner that sets an example for others.
- ☐ A MORE **Liability Waiver** MUST be signed by each participant, or by a parent/legal guardian if the participant is under age 18. The waiver can be signed through Golden Volunteer or Paper copies – these are described below.

Golden Volunteer

- The waiver can be signed as part of the ride sign up on Golden Volunteer. Email to rides@more-mtb.org or golden@more-mtb.org for assistance with Golden.

Paper Waivers

- A paper waiver can be signed by participants onsite. The waiver is available at: [MORE Liability Waiver 2023](#)
- Scan (or take photo) paper copies and send a copy of the waiver to rides@more-mtb.org after the ride. We retain copies for 3 years.

Getting Started – Communication and Advertising the Ride

1. Contact rides@more-mtb.org and share your intentions in leading a ride. You must be a current MORE member. New Ride Leaders will be required to complete a background check.
2. Determine the ride location, date, time, pace and terrain for your ride.
3. Develop a ride description to provide the following details on your ride (see sample below):
 - a. Ride location
 - b. Date and time
 - c. Where to meet
 - d. Ride pace (casual, moderate or fast paced)– refer to [MORE Ride Leader Guide](#).
 - e. Ride terrain (beginner, intermediate, or advanced) - refer to [MORE Ride Leader Guide](#).
4. Work with the MORE Ride Coordinator to get your ride posted on Meetup, Golden Volunteer, the MORE Calendar, and social media pages; email to rides@more-mtb.org or add the ride to the [MORE Event calendar](#) by using the “suggest event” button (upper left); include your ride description in your request.
5. Identify a sweeper to help on your ride; review the [MORE Ride Leader Guide](#).

The Day Before or Morning of the Ride

1. Check the weather and be sure the trail is open and the conditions are suitable for riding (dry or frozen trails, no serious weather events expected).
2. Cancel the ride if conditions are not safe or if the trails are closed/wet/muddy; contact the MORE Ride Coordinator to cancel the ride rides@more-mtb.org, or cancel through Golden Volunteer if you have access.

Ride Leader Check List / Announcements Day of the Ride

- ☐ **Arrive a few minutes early** and welcome riders.
- ☐ **Waivers** signed for ALL participants (double check the #s, 10 riders, 10 waivers signed).
- ☐ Check in participants using the Golden check-in kiosk to indicate they participated.
- ☐ Check **helmet** and drinking **water** for all riders.

- ☐ Introduce yourself and the sweeper; explain leader will stay ahead of all riders and sweeper will stay behind all riders.
- ☐ Announce that you are volunteering on behalf of MORE, encourage participants to join MORE member and support the trails you are riding on. Encourage participation in trail work events too.
- ☐ Describe the ride, duration, trail conditions.
- ☐ Acknowledge risks on ride - riders ride in control and within abilities at all times.
- ☐ Leader and sweeper exchange **cell phone** numbers.

Review Basic Trail Etiquette

- ☐ Faster riders in the front of group, slower riders toward the back.
- ☐ Maintain separation to avoid rear-end crashes; allow others to pass; kindly request to pass.
- ☐ Right of way trail triad - Bikers yield to horses and hikers, and downhill riders yield to uphill.
- ☐ Always be kind and pleasant! Thank hikers/riders if they yield right of way.
- ☐ Shout 'stopping' – and move off the trail to keep trail clear.
- ☐ Shout "hiker up" and ask that riders keep shouting to the back of the group.
- ☐ Be responsible for the person behind you – wait at turns to be sure the rider behind you sees the turn.
- ☐ If a rider is not sure direction at an intersection, stop, and wait for sweeper.
- ☐ Let leader/sweeper know if rider wants to leave the ride – share cell numbers.
- ☐ Let Leader/Sweeper know if have concern/issue – we are here to have FUN!

Safety

- ☐ Safety is paramount during your ride. Please remind riders to always ride within their ability and in control. Take a head count to be sure everyone returns safely. Safety is in numbers and adults should not be left alone with a single child that is not their own.
- ☐ The ride leader should carry basic first aid supplies and know how to use them.
- ☐ Immediately call 911 if there is an emergency or significant injury.
- ☐ If there are injuries or issues that you think MORE should be aware of reach out to president@more-mtb.org and executivediretor@more-mtb.org immediately after the ride.

During the Ride

- ☐ Stop at major turns to regroup and make sure everyone goes the correct way.
- ☐ Stop before major trail features (steep uphill, downhill, creek crossings, log overs, etc.) to let riders know what is coming up; encourage them to walk the feature if unsure.
- ☐ Check your pace to be sure the group stays together.
- ☐ Leave no one behind! If a rider wants to return to the trail head, try to find someone to accompany them.
- ☐ Take a few photos along the ride and share with the riders via Meetup or other share method.

What to Bring

- ☐ Cell phone
- ☐ Rider list/emergency contact information
- ☐ First Aid Kit
- ☐ Basic bike repair tools
- ☐ Extra water, electrolytes, and nutrition bar to share if needed

Sample Ride Description:

MORE Mountain Bike Ride for Beginners – Saturday, November 7, 2020

Join us for MORE's MTB Ride for Beginners

When - Saturday November 7, 2020. Meet at 1:00 PM, wheels down at 1:15 PM. Return by 3:15 PM.

Event Description - We will ride a portion of the Seneca Ridge Trail, stopping periodically along the way to reinforce skills needed to tackle the trail. The ride is for beginner-level riders looking to apply and improve their skills in a non-competitive atmosphere. We will ride about 6 miles of beginner-intermediate level terrain, with some uphill and fun flowy sections. Prior attendance at a beginner skills clinic is strongly recommended. Questions on MTB skills are encouraged, and the intention is to have fun and gain confidence on the trails.

The ride is open for riders age 18+. You must sign a waiver (on-site or electronic), wear a helmet, and be able to comfortably ride a bike. Bring your bike, helmet, and drinking water.

Check MORE's Calendar or your email before the event in case the ride is cancelled due to weather/trail conditions.

Where – Meet at the parking lot on Riffle Ford Road at Seneca Creek. The address is listed as 16899 Riffle Ford Rd, Darnestown, MD 20878 on Google Maps.

<https://goo.gl/maps/3GipKKw97Dm5zjUe8>