



Name: _____ Learner Number: _ _ _ _

Centre Name: Breaking Cycles CIC

Centre Number: 84100

CYCLE RIDE LEADER: LEADING A GROUP

RIDE (UNIT 2 Workbook)

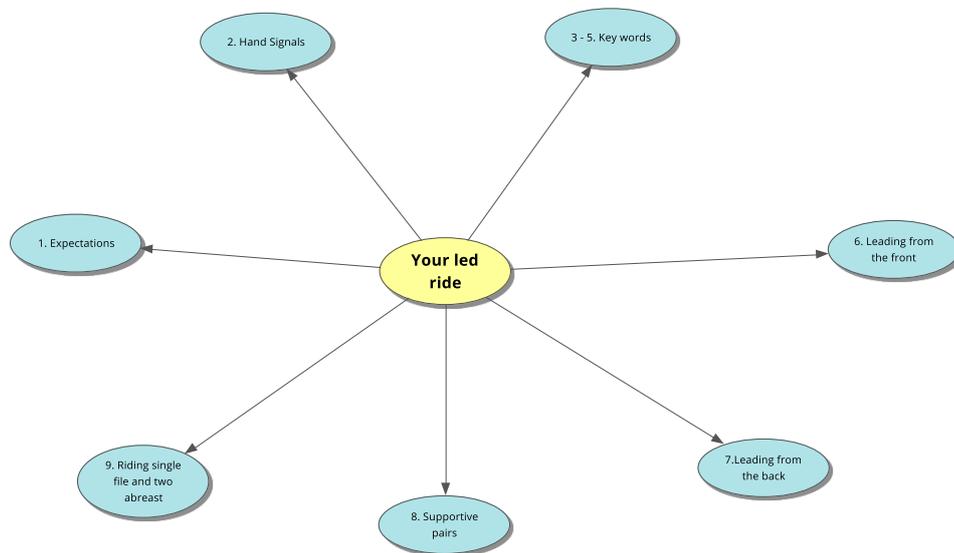
In order to complete unit two, you will lead a ride (this can be shared or done with support) and complete this workbook. The evidence that you have achieved this will be this workbook and a summary sheet completed by your assessor after observing your led ride.

Successful participants in this unit will have:

- Demonstrated the ability to
 1. clearly explain their expectations to the group
 2. use hand signals to communicate with their group whilst riding
 3. use the phrase 'car up' to identify vehicles approaching from the rear of the group
 4. use the phrase 'car down' to identify vehicles approaching from the front of the group
 5. use the word 'clear' to communicate that it is safe for members of their group to proceed at a junction
 6. lead the ride from the front of a group at pace which allows all members of the group to ride together
 7. lead the ride from the back of the group, whilst making sure that the riders at the front know where they are going
 8. organise their group into supportive pairs
 9. use the words 'single' and 'double' to communicate when the group should ride in single file and two abreast
- Shown knowledge of
 10. two scenarios where riding close together is advantageous
 11. two reasons why it can be difficult to hear a verbal instruction when cycling
 12. five common hand signals used in group rides

(Outcomes 1 - 9) Your led ride...

Use this space to make a plan for what you will do as you lead a group ride. If it is normal practice in your club or organisation to share the responsibility of leading rides, then you may work in pairs. Your assessor will be a member of your group and will complete a summary sheet based on the good practice they observe! This section of the workbook is for your benefit and won't be assessed.



Ride Leader Knowledge

This section of the workbook is designed to ensure that you have some knowledge of group riding. These questions refer to scenarios that may not occur on every group ride and your knowledge will be evidenced by completing this section of your booklet.

(Outcome 10) Group Riding

Riding as a tightly packed group can provide many advantages and is a technique used in racing, social rides and whilst commuting.

Identify two scenarios where riding as a close pack is advantageous

1)

2)

(Outcome 11) Verbal Communication

Verbal communication whilst riding as a group can be extremely useful, but shouldn't be relied upon as the only method of communication between riders.

Identify two scenarios where it may be difficult to use verbal communication

1)

2)

(Outcome 12) Common hand signals

Including the three hand signals identified in the highway code, cyclists tend to use a variety of hand signals to communicate their intentions to other road users and members of their group.

Either draw or describe 5 common hand signals that cyclists use.

1)

2)

3)

4)

5)