

# CTC COVENTRY

## Notes of

### RIDE LEADERS MEETING MARCH 5<sup>TH</sup> 2020

<b>1</b>	<b>Attendees</b>	Bob, Alan, Jeff, Mike, Marina, Nick, Jill, Peter, Carl , Paul W, Simon, Dave, Nigel, Vicky, Michael, Paul M, George, John N. Lester
<b>2</b>	<b>What makes a good group ride?</b>	Feedback from small groups: competent leader, a variety of routes, rural roads, not too much off road, variety of road types, sunshine, other people, social contact, good conversation, good coffee stops, original, good food, the group works well on the road and at stops, staying together, not losing anyone, new territory, circular routes, its not all about speed.
<b>3</b>	<b>What makes a good group leader?</b>	Feedback and discussion; welcomes new riders, shows an interest in new riders attentive to everyone's needs, gives information about what is going to happen, Has knowledge of the route,. Flexibility, prepared to make changes if necessary, Keeps the group together, keeps the right pace. Positive and encouraging, Shows authority, organized, back markers appointed, supports those falling behind, Discussion on slow riders: engage with them early on, what can we do to help? Appoint a buddy who knows the way. divide into smaller groups if required, Supports group if there are incidents, falls, punctures etc
<b>4</b>	<b>Ride leaders checklist</b>	A copy of this page from the Cycling UK handbook for Ride Leaders, was distributed to all. A copy of entire document will be emailed to all.
<b>5</b>	<b>Centenary 2021</b>	BOB shared the programme for 2021. The proposal to support the Air Ambulance charity over the year was supported by all present. A donation of £1 will be asked for at all rides from October 2020 to September 2021 and collected by ride leaders. Monies to be passed to Paul W for banking.

		Bob asked for feedback on proposal for 100k route.
<b>6</b>	<b>Ride lists to George please</b>	Please send list of riders on your ride to George and details, phone and email address, of new riders <a href="mailto:george.riches@coventryctc.org.uk">george.riches@coventryctc.org.uk</a>
<b>8</b>	<b>CTC ADMIN SITE</b>	ALAN demonstrated the Admin site on our website, which offers routes and a range of resources for all ride leaders . Ask <a href="mailto:alan_jelley@outlook.com">alan_jelley@outlook.com</a> for more details
<b>9</b>	<b>ICE Cards</b>	VICKY introduced the proposal from committee to ask all riders to carry an In Case of Emergency Card. Bob has produced these and all Ride leaders were given batches for distribution.
<b>11</b>	<b>NEXT MEETING AND TOPICS</b>	The consensus of the group was that the meeting had been productive and enjoyable. Next meeting to be scheduled for September. Cycling UK Memebership, First aid + + +