

## Ride Forum Notes 19.2.2018

### **First Aid/ health and safety**

- First aid training will be free to members for road riders
- Take place over 2 evenings and will have a qualification
- It will be offered to road ride leaders first
- Discussion ensued about first aid kits and whether these should be issued to those who have completed the certified course.
- Discussion ensued about whether the club should have an online accident form. Should there be guidance on what to do?
- Should the club ask members to put an ICE number on their phone?
- Should there be gatekeepers for information or whether stickers for helmets with numbers on them could be used

**Actions: Committee to devise a flow chart/ bullet pointed list to help guide leaders on the steps to follow after an accident. Discuss the first aid kits in committee.**

### **Ride Leaders**

- Discussion ensued about the reasons that might influence people not to offer to lead: could be shout out, knowing the route, difficulty with others e.g. challenging behaviour, people riding off the front/ wanting to change the route, health and safety/ responsibility, fitness riding from the front.
- Discussion ensued about the different rides and the committee members taking on the commitment to lead the 10 to 12 ride on a rota basis. RP asked whether others would help there was some agreement that they would.
- Other points discussed were: to continue the different starts and alternative rides as these were successful.
- RP suggested we had lost some of the variety of rides. Discussion about reccies and whether some were able to look at different rides off the main roads and send to Alex eg. Yorkie's ride to Totnes via Ashbrington

**Action: committee create a survey to ask members about blockers. Committee to consider incentives such as 10 ride leads membership is paid or a % off club kit.**

### **Wednesday night rides**

- Discussion about what rides might need to take place.
- Proposal to the committee: chain gang Wednesday. Discussion about those who are experienced teaching others such as Mike Smith
- 2 rides if possible to go out with an average of 12 to 14 and 14 to 16 with an offer from people on a shout out on FaceBook etc

**Action committee to consider chain gang Wednesday and ask Mike Smith for input. Organise shout out for those to devise ride on Wednesday evening**

### **AOB**

- Discussion about teams. Currently 3 women for the 4 women team, suggestions about others that Helen and Becky can ask
- All agreed the way that last year's mens team is fair

- Justin Stanbrook would like to gauge how many might be wanting to do LeJoG in the Easter or May half term 2019. 900 miles stay in youth hostel would need a support vehicle. RP suggested that she may want to do this.

***Action Discuss at Committee and then RP to speak to JS about logistics***