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| Road Ride Leaders Sub Committee | 10/04/20176.30pm |

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| Attendees: | Rebecca Pengelly, Bryan Millings, Debbie McCall, Peter Moss, Trevor Monk, Simon Rooke, Andy Greaves, Simon Pope, Gavin Heardon |

# Minutes

#### Discussion:

*Matters arising:*

* Only one alternative ride start posted as of yet, 5 attended. Weather forecast was awful. Feedback from those who attended was positive and they would attend again.
* With the onset of summer rides need to be a little more flexible in length with options to turn back for those who want to get back early. There is a need for flexibility and less rigidity.
* Discussion about earlier start times, alternative place starts and also longer rides all felt that flexibility was needed as long as rides were posted on or before the Tuesday and clearly stated the average MPH.
* All rides would be messaged to Alex for overview. It was felt that they should not be called A ride etc but an alternative option.
* Longer rides would help those preparing for sportives

#### Conclusions:

Alternative rides or longer rides need to go through Alex those who want to place alternative rides need to do so in advance to give plenty of prior warning.

Some concern about B and Q and the urgency of a new meeting placement needed

| Action items | Person responsible | Deadline |
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| * Take to committee the concerns about the current meeting place
 | Bryan, Becky, Simon | Next committee meeting |

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| Agenda item: | Ride leadership training/ group ride training  |  |  |

#### Discussion:

*Welcome to David Fletcher*

* Common approach was discussed 3 discussion points: To what extent do we want club members to do some group riding training (preventative approach), all want a common approach to riding across all groups, some wanted more confidence to be able to instruct others quietly about riding style etc.
* Breeze leadership training discussed by Debbie and she is now a BC qualified coach. Can only take out 8 riders for it to be covered by BC insurance. Discussion about insurance for ride leaders and group sizes ensued
* Encouragement of more women into the club
* Possible local venues discussed and dismissed for training it was then discussed that the Velopark dates could be used for group riding which may also encourage more confidence in ride leaders.
* Safe group ride training discussed: safe group numbers (16) what is the club expecting from people riding with them, what is the ride leader (how do we marshal the front and the back of the group), how much do people ride in a group (ride in a chain gang, traffic conditions, visual/ verbal communications, individual bike handling skills)
* In the sessions some may able to receive 1 to 1 coaching which could help them with their ride skills.
* Discussion about the importance about the leisure ride to helping riders with riding skills and confidence and that the ride should be the main one that is pre-planned and not just happen on an Ad Hoc basis. Some discussion about ride leaders being on a rota to cover this ride

#### Conclusions:

All felt that groups should be no bigger than 16 and that leaders would need a co leader to split the rides.

Should the leisure ride have a rota of experienced leaders who are willing to lead it. Sessions will be tailored to meet the needs of the groups.

Velopark sessions should be advertised as group rider training a min of 8 for each session to maximum of 20 sign up required

| Action items | Person responsible | Deadline |
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| * Check insurance about group size
 | Committee  | ASAP |
| * At least 1 other woman trained in ride leadership
 | RP | Next Breeze training |
| * Discuss at committee about a rota for the leisure ride
 | RP | 18/04/2017 |
| * Advertise the group riding training
 | Alex | ASAP |
| * Review the ride etiquette training
 | All | Next meeting |
| * Women only ride to be promoted
 | Debbie McCall | ASAP |

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| Agenda item: | AOB | Presenter: | RPengelly |

#### Discussion:

* Concern raised about the speed of the C group and how this is putting people off going on it. This is causing the B group being too large. Discussion about all group speeds and that they need to be tailored to those that are on them. Although less rigidity is needed there needs to be a discussion about the speed with the leader if stepping up and that the leader needs to be mindful that the advertised speed needs to be adhered to unless in discussion with the rider
* Ride London draw took place mens group: Richard Shotten, Justin Stanbrook, Mark Booker, Bryan Millings
* 2 additional men riders: Yorkie and Mick Brian.
* Discussion about safety and first aid training ensued. Air ambulance app discussed

#### Conclusions:

Continue to monitor the C ride and discussion about those that want to step up. RP willing to do a bridging ride in the next few weeks to Slapton and look at the 14 to 16 average to encourage some of those who are able to step up from B to avoid the excessive group sizes in A and B groups

| Action items | Person responsible | Deadline |
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| * Monitor the C ride in order to ensure that speeds are not putting some off and that rides clearly state the speed
 | Alex Haste | Continued  |
| * Bridging ride needed for C ride
 | Rebecca Pengelly | May 2017 |
| * Air Ambulance App discussed at committee meeting
 | Becky, Simon, Bryan | 18/4/2017 |
| * Ride leadership first aid course needs to be arranged
 | John/ ano  | ASAP before summer |
| * Names to be forwarded to Steve Clare
 | Rebecca Pengelly  | 10/4/2017 |