



ALCHEMY CYCLING CLUB

THE DIFFERENCE

CAPTAINS AND MARSHALLS BRIEF 2021

- ☺ SAFETY FIRST IS OUR MANTRA.
- ☺ OUR AIM IS TO GET EVERY RIDER TO COMPLETE THE RIDE SAFELY.
- ☺ KNOW THE ROUTE.
- ☺ THE LAST RIDER MUST BE BROUGHT IN.
- ☺
- ☺ BE COURTEOUS AT ALL TIMES TO FELLOW ROAD USERS.
- ☺ OBEY THE RULES OF THE ROAD.
- ☺ RIDE RESPONSIBLY AND PREDICTABLY



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- CAPTAIN AND MARSHALL MUST NOT BE LATE.
- COUNT HOW MANY RIDERS THERE ARE.
- IDENTIFY ANY GUESTS, WELCOME THEM AND APPRAISE THEIR RIDING ABILITY
- BEFORE DEPARTING CHECK WHO IS GOING THE FULL DISTANCE AND WHO WILL GO SHORT.
- **ASSIST NEW AND UNFIT RIDERS TO PLAN A SHORTER ROUTE.**
- BUDDY SYSTEM FOR NEW RIDERS.
- NOMINATE ADDITIONAL MARSHALS IF NEED BE.
- SPLIT THE GROUP IF NEED BE BASED ON ABILITY AND SIZE.



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- BUDDY SYSTEM FOR PUNCTURES, MARSHALL DECIDES WHO STOPS.
- RIDE TWO ABREAST, NEVER MORE, AND SINGLE FILE WHERE REQUIRED.
- DICTATE THE PACE OF THE GROUP.
- NO GAPS IN THE GROUP SO CARS CAN PASS EASILY.
- STICK TO THE LEFT HAND SIDE OF THE ROAD.
- RIDE INSIDE THE EMERGENCY LANE IF THERE IS ONE, AS CLOSE TO THE EDGE AS IS SAFE, AVOIDING CARS AS FAR AS POSSIBLE.
- RE-GROUP IF NEED BE WHERE IT IS SAFE TO DO SO.
- **COMMON SENSE TO BE APPLIED IN THE INTEREST OF SAFETY.**



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- ☪ DO NOT CHANGE THE ROUTE PLANNED EXCEPT FOR EMERGENCIES.
- ☪ THE CLUB MUST BE NOTIFIED IF THERE IS A CHANGE IN ROUTE.
- ☪ CAPTAIN AND MARSHALLS TO BE OBEYED AT ALL TIMES.
- ☪ CARRY A PHONE AND ENSURE THAT YOU ARE CONTACTABLE.

