

CMC Vancouver Road Captain Training Outline

R/C & T/G

Basics of Group Riding

- Hand signals / communication
- CMC related bylaws
- Proper group formation

Overview of Group Riding Hierarchy

- Lead Road Captain
- SO
- Mid Road Captains
- Lead Tail Gunner + 2nd Tail Gunner

Pre-ride Meeting

- Introduction of Road Captains and their ride positions
- Overview of CMC rules and regulations
- Overview of hand signals
- Distance to be kept between bikes
- Responsibility of own ride
- Ride destination, route and details
- Questions or concerns?

Maneuvers

- Starting engines / group formation
- Entering a roadway
- Stopping at intersections
- No right turns on red lights (generally speaking)
- Merging onto highway
- Lane changes
- Putting group into single file (mention of cornering)
- Returning group to staggered formation
- Tightening the group
- Emergency vehicles
- Tap outs
- No dancing / how to fill gaps
- Group separation + drop back riders
- Parking

Planning a Ride

- Choosing the route
- Skill of riders
- Highway or no highway
- Fuel stops
- Scheduled breaks & POI's
- Length of ride
- Multi-day organization

Lead Bike R/C

- Sets riding speed (road conditions, traffic requirements, weather)
- Times approach to lights, merges etc
- Decides on lane choice & initiates lane changes
- Recognizes & responds to issues on-coming and ahead
- 'Gets the attention' of on-coming and ahead traffic

Tail Bikes T/G

- Preferably two, working as a team
- Be proactive rather than reactive
- Control traffic behind
- Capture lane for lane change
- One T/G drop back as assistance for drop-out rider