



## Cumbria TRF

### Run Leader Training Notes

As a reminder to the practical training, here are some notes to help people to remember the key things to take into consideration when you both want to put on a run and/or be a leader for a day.

#### **Before the Day;**

1. Choose a day and a venue to suit your capability and your prospective rider group
2. Prep your chosen route and method of navigation in advance, include time for fuel/food and gates, don't be too ambitious
3. Advertise your run. You'll need to decide on a meeting place, give details of the run, offer a "meet by" and a "leave by" time. If desired, include an idea of whether the run is likely to be suitable for beginners, intermediate or advanced riders
4. Send the run details to one of the CTRF Facebook Admins for them to put it onto the group page and also to email it out to the members not in FB, (NB: please do this as early as possible).
5. Check your own bike and kit to make sure it's all good
6. Cancel the day if the weather is too extreme for you

#### **On the Day;**

1. Meet the group and introduce yourself
2. Do a briefing before you all set off, try to include the following things;
  - a. Who is the leader & the tail end person, make sure the riders can identify them with helmets on.
  - b. Explain the gates procedure
  - c. Lunch & fuel stops – (find out shortest range bike)
  - d. Check for the rider behind you at junctions
  - e. Rider down/bike down procedures
  - f. Take some pictures
  - g. Speak up if too fast/slow/hard/easy etc
  - h. Check each rider has some form of tool kits to suit their bike
  - i. Tell the riders the route may change if weather, riders, bikes have an issue
3. As you ride, check on everyone and make sure they are OK
4. Keep an eye on the time & the weather and adjust the day accordingly
5. Breakdowns should be dealt with by the whole group unless previously agreed
6. Injured riders should never be left alone to deal with their injuries/damage etc
7. Communicate as much as possible about the lanes & any relevant info about
8. Follow the TRF Code of Conduct – (See below)
9. Report any access incidents/blockages/lane damage to the relevant RoW officer
10. Have fun and lots of laughs!

# Cumbria TRF Trail Riding Guidelines

## 1. Adhere to the TRF Code of Conduct

Acquaint yourself with the TRF Code of Conduct and stick to it, remember you are Trail Riding not competing against each other or the landscape. (See Page 3 for a refresher)

## 2. The Leader & Back Marker

Before you set off, make sure you know who is leading the run and what they are wearing and who is the nominated back marker and what they are wearing. This knowledge may come in very handy if a problem arises.

## 3. Look Behind you

Every rider in a group owes it to those following for them to see where the front of the group have gone.

Whilst riding every person on the ride should make it his (or her) duty to periodically check that the person following is actually there. This should be done at every intersection or change of direction and also whilst riding along a trail. Each rider should wait for the rider behind to see the route you are about to take.

If they're not then stop and wait where you are, most likely they will soon come into view. There is no need to worry about losing the man in front, because before long that rider in turn will be waiting down the line. If everyone in a group does this, any problems at the back of a group will become apparent to the leader, because before long, no-one will be following. The leader will turn back and run back along the route to find the problem.

## 4. Managing Gates

Both the lead rider and the back marker never need to get off their bikes.

The second rider at a gate, gets off, opens the gate and holds it open for the rest.

The third rider rides through the gate and takes over at the gate from number two. 'Number three' then closes the gate after the 'back marker' who pauses for "Number three" to close the gate and get on their bike then pass in front.

The 'back marker' never gets off to shut gates and instead just concentrates on being ready to rescue those in need.

Through a succession of gates, the person who is the number two and three will change continually thus giving everyone in turn a piece of the action.

Follow this system and quite a satisfying rate of progress can be maintained.

## **5. Leader Status**

Please remember that the leader is not a paid professional. They are a TRF member like yourselves donating their time, effort and knowledge for the benefit of the group. Treat them accordingly.

## **6. Personal Preparation**

Your bike and your equipment should be up to scratch and meet legal requirements. It is advised that you carry a suitable repair and tool kit specific to your bike. If a bike breaks down, it is down to the rider to be able to deal with this eventuality, albeit they may need some assistance from the group.

# **TRF Code of Conduct**

### **USE ONLY VEHICULAR RIGHTS OF WAY**

Trail riding is only lawful on public roads. If in doubt, check with the Highway Authority or the TRF. Motorcycles and riders must be road-legal. Green Roads are subject to the same laws as surfaced roads.

### **KEEP TO THE DEFINED TRACK**

Wheels can damage crops and grass. Wandering from the road onto farmland or moorland is trespassing.

### **GIVE WAY TO RAMLISTS, HORSES & CYCLISTS**

As a courtesy, on narrow lanes, stop and switch off engines.

### **FASTEN GATES SECURELY**

Except those tied open for farming purposes. An open gate invites animals to stray, endangering themselves, and crops or traffic.

### **TRAVEL AT A SAFE SPEED**

Ride at a reasonable speed, taking regard of conditions and visibility. This should not exceed the voluntary maximum of 25mph.

### **ACKNOWLEDGE THE PRESENCE USERS**

With a friendly wave or other suitable gesture

### **HONOUR THE COUNTRY CODE**

Respect the countryside and those who live, work and play in it. Green Roads can be valuable habitats, so take special care in spring and early summer.

### **IDENTIFY YOURSELF**

Carry your membership card with you when trail riding, so that you may identify yourself as a current member of the TRF – and display a current membership sticker.

**RIDE QUIETLY**

Machines must be effectively silenced. Use the throttle with discretion, as noise does offend. Green Roads are subject to the same laws as surfaced roads.