

2019 Sprouts Ride Marshal Training

Thank you for listening to the Sprouts Ride ride leader training! I'm Cyrus Chimento, WABA's events coordinator.

- First, thank you so much for offering your help volunteering to be a ride leader for the Sprouts Ride with WABA. I know I am asking for more of you than I've asked of marshals in the past. Your support is indispensable and helps me continue to improve WABA's events. I really appreciate it.
- Second, if you have questions about this training, or your role as a ride leader, reach out to me over email (events@waba.org) or call me at 202-518-0524 x218.
- I'm going to go over a few things today:
 - First, an explanation of the Sprouts Ride
 - Second, the order of operations on the day of the event
 - Third, WABA's expectations of you as a marshal
 - Fourth, interacting with riders and handling incidents on the ride

As you are probably aware, the Sprouts Ride is a new WABA ride. We want it to be a fun spring ride catered towards new bicyclists, casual riders, and bicyclists that are riding with youth. To that end, we are offering two shorter routes, 6 and 14 miles respectively, and partnering with REI to hold an engaging post-ride celebration where riders can continue to mingle with other bicyclists and learn more about bicycling. Since this is the first year, we are expecting no more than 300 riders at the event. Your role is to provide a sense of safety for riders who do not feel comfortable navigating through the route on their own, or with the aid of cue sheets or RwGPS directions. There are two routes, this year. Drafts of the routes are available on the ride marshal resource page, linked in the email I sent you. For both routes, I tried to balance comfortable and interesting riding.

- The Sapling Root (14mi) brings riders straight south from REI, past the capitol building, and down to Audi field and Buzzard Point, before leading riders back up the Anacostia River Trail, across the Capitol Hill neighborhood, and back up to NoMa. The pit stop will be in Anacostia Park, by the Aquatic Resource Education Center.
- The Bean Sprout Root (6mi) is basically an out and back to Kingman and Heritage Island Park, where the pit stop will be located. Riders will have the chance to park their bikes, and explore a little bit of the wonderful park.

Next I'm going to go over what happens when you arrive at check-in:

- Jeff Wetzel, WABA's youth and family education coordinator, will be your point of contact onsite at REI on the day of the event.

- When you get to REI, check in at the ride leader check-in table. If you are leading the Sapling Root, rider check-in starts at 11am. If you are marshaling the Bean Sprout Root, check-in starts at 12pm. Please arrive at or before these times. A volunteer will give you a yellow vest and kit. The kit contains first aid supplies, incident report forms, and WABA contact info.
- Next, head over to the meeting point for riders who want to be part of a group and verbally check-in with Jeff.
- Once a decent number of riders congregate, Jeff will present a review of helmet fit, and the ABC quick check. (You can review the videos of these lessons beforehand—there are links on the marshal resource page.) Afterwards, Jeff will dispatch two ride leaders to lead them through the route. One marshal should lead the group, the other should sweep.
- Have an awesome, fun, and safe ride. Navigate the route, going approximately 10mph, dealing with any rider issues as they arise. Note that your responsibility is to make the most uneasy and inexperienced riders feel comfortable, so be sure to prioritize riding with these riders. Any riders that want to go faster are free to break away from the group and ride the route on their own.
- When you arrive at the pit stop, check-in with WABA staff there. Let riders know that you will spend 15 minutes at the pit stop and then continue the ride. Before you head out, announce to the riders at the pit stop that you are preparing to continue the ride—it would help to give riders a 5 minute warning, and then a “rolling out” warning.
- When you finish the ride, check in with Jeff. He may need you to lead another group. If so, repeat the above. If he does not, then check-in with the volunteer collecting the yellow vests and kits to return them.
- Then, enjoy the post-ride celebration at REI!

I want to note here that the rules of common sense prevail. I trust you all to assess what needs to happen in a given situation, and you should feel empowered to deputize riders if necessary.

We rely on marshals to make sure that riders are safe, following traffic laws, and to be WABA’s eyes and ears on the road (since WABA staff can’t be). You are providing a very important service to our riders and we are placing a lot of responsibility on you. Here are a few things which you already know, but bear repeating:

- You are representing WABA. That means you might be one of the main interactions a rider has with WABA, for the first time ever, or for that day. Make every effort to be friendly, conversational, helpful, and attentive.
- Make sure you see riders’ issues out until their resolution: if a rider has a breakdown or another issue, stay with them and make sure they know what their next steps are before you keep riding. For instance, if a rider needs to go to a bike shop, or find a metro station, help them find the nearest one and talk through how they will get there or get home. If you’re riding with a group, have the sweep rider stay with the person needs help. Make sure that the lead and sweep rider communicate, in person—if you’re

leading, don't assume the sweep will take care of it (they might be managing something else). Again, riders are welcome to keep going without a leader if they want.

- We expect that you will ride safely and legally. That means:
 - Stopping at stop signs and red lights.
 - Wearing a helmet (this is not a policy stance—it's required by our insurance).
 - Not riding more than two abreast.
 - Yielding to and notifying pedestrians of your presence (especially on trails!).
 - Positioning yourself properly on the roadway—that is, if you plan to go straight through an intersection, don't be in the right-turn only lane; instead, position yourself in the rightmost lane that serves your destination. If you do this, it helps keep all riders safe because they'll follow your example.
 - I've added links to Marshal Resources page (which is linked in the email I sent you) of several videos made by the League of American Bicyclists. These videos demonstrate safe and legal bicycling and are good review. ~~In the future, another option is to take a WABA City Cycling class (free for WABA members!).~~
- Finally, be a good representative of bicycling in general. I don't think you'll have any problems with this, but we want to make sure we're not being aggressive, obnoxious, or rude to other road users while on a WABA ride. Don't get into arguments or altercations with drivers—that'll cause problems for others on the ride either in front of you or behind you.

As a marshal, you will be interacting with riders during the event. Overall, we want you to be attentive and encouraging to the riders you encounter. That means a few things:

- Be positive and enthusiastic. Particularly if you are doing the long route, the ride can be really difficult depending on a rider's experience and the weather conditions. Being cheerful throughout will go a long way to helping riders who are having difficulty enjoy the experience.
- Don't make riders feel bad about quitting. If you can tell someone isn't having fun, give them some friendly encouragement to end the ride early and go back to REI if they want to. There is no shame in that.
- Also, make sure you know where you're going—try not to get lost. You have access to the routes—review them beforehand. Ride them beforehand if you can.
- If you see someone on the side of road with a mechanical issue, they may have it completely under control. But, we still want you to stop with them, make sure they're alright, and ask if they need help.

On to incident response! Incident response happens when a rider needs medical attention.

- You are not required to render first aid, but if you feel like you can deal with a rider's injuries with the materials in your marshal kit, and the rider is fine with you doing so, feel free to render care as you are comfortable.
- If you don't feel comfortable, you should call 911. Even if the rider insists that they are fine, you should call 911—tell the rider that they don't have to go in the ambulance,

EMTs will just be there to make sure they are ok. This is required by WABA's event insurance. Please don't leave the scene until someone more qualified than you can take over. Do not surpass your own training or expertise. Good Samaritan laws in DC limit your liability, but it's best to play it safe and only administer first aid if you are fully confident in your abilities. The Good Samaritan laws in DC state that, if you are not fully qualified, you must hand over responsibility to the licensed caregiver upon their arrival at the scene.

- After you or someone else has called 911, call WABA's emergency response staffer on-call. Their phone number will be in your marshal kit.
- Make sure you document the scene as completely and as soon as possible, by completing the incident report form in your marshal kit.
- Again, stay with the injured party until they are in someone else's care. Communicate with other marshals to ensure the rest of the group is okay to ride on.

If you haven't already, do please make sure to read the full marshal manual and the rider guide, both linked on the marshal resource page, which goes into this information in significant detail.

That's all I wanted to review with you. Don't hesitate to email events@waba.org or call me (Cyrus) at 202-518-0524 x218 to talk over your questions or concerns. Again, thank you! You are all amazing and I am so grateful for your willingness to help us pull off events like the the Sprouts Ride! Thank you, and happy riding!