



2024 Bloom Ride & Spring Picnic- Ride Marshal Prep Packet (3 mile Blossom Expedition Route)



Full ride info:
waba.org/rideguide

Ride Details

Date: Saturday, May 4, 2024

Location: Franklin Park (1332 I Street NW, Washington, DC 20005) in downtown DC near McPherson Square, Mount Vernon Square, and Metro Center Metro Stations.

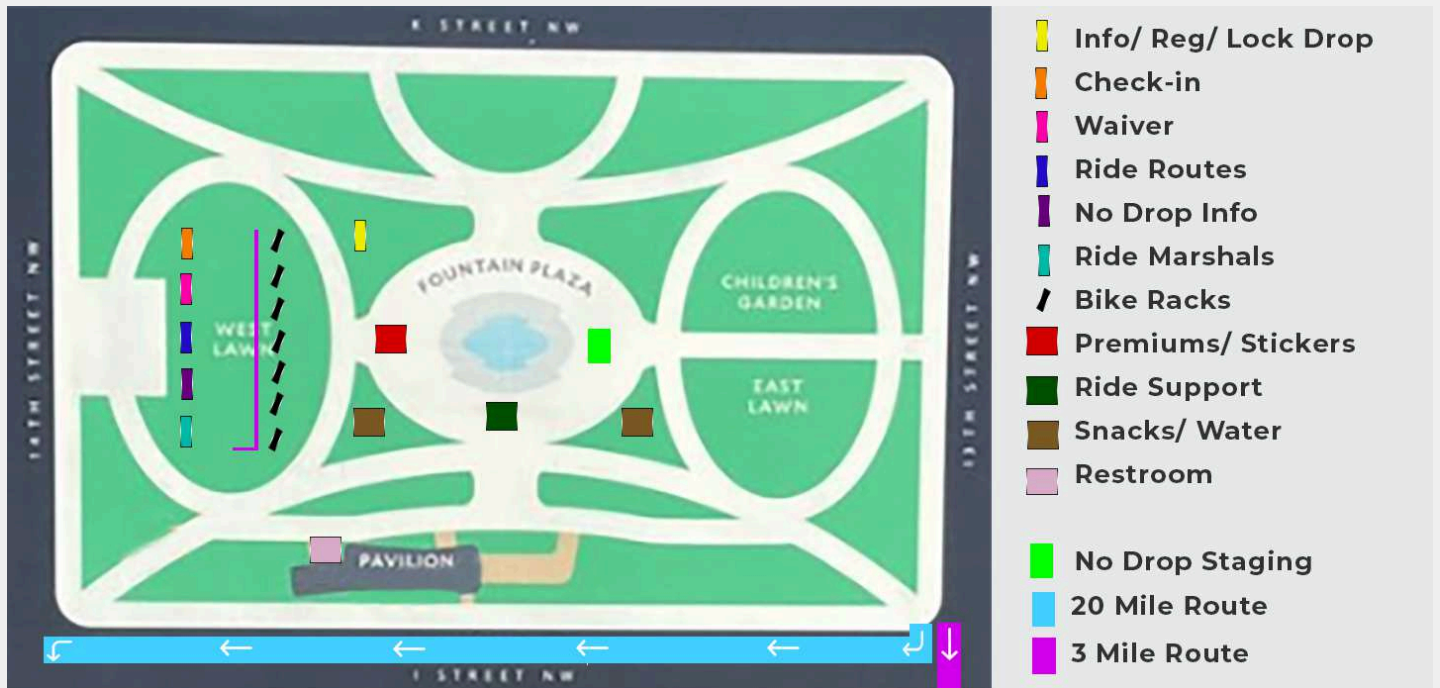
Ride Marshal Check-in: (arrive by 10:30am)

- Look for Ride Marshal check-in sign under the WABA tent
- Check-in with the WABA staff member or volunteer
- They'll give you your...
 - Marshal vest (it will have your name and Marshal number on it)
 - Marshal kit (it will have basic first aid supplies, blank incident report forms, and a phone number in case you need to call in an emergency)
 - Wristband (please wear it)
 - Cue sheet (please don't lose it! You may need it to navigate!)
 - Candy (always good to have with you in case someone has low blood sugar...or just needs a snack)
- Prepare for the ride start
 - Go to the start area about 10 minutes before the 11:00am start time
 - You'll coordinate with WABA staff on when to leave and how to direct participants

Note: you may be enlisted to help with tasks like coordinating your group start and assisting participants before your group departs. Thanks in advance for being willing to help!

Site Map

The map below shows the ride check-in area on the west lawn. The Ride Marshal tent will be on the south end. The ride route will depart from the southeast corner of the park.



Ride Marshal Responsibilities

WABA's Event Code of Conduct

As a Ride Marshal, you are taking on a position of power and leadership in our community. You have an extra responsibility to be a friendly, encouraging, helpful presence.

WABA has a Code of Conduct for all staff, volunteers, and event participants.

WABA implemented this Code of Conduct to be clear with everyone about our values, and what we view as our responsibilities to one another as humans existing in a community together.

You can read the full code of conduct [here](#), but here are the highlights, which will be posted on signs at ride check-in:

When you enter a WABA event you agree...

- To help make WABA spaces safe, inclusive, and supportive for everyone.
- To do your best not to harm another person with racist behavior, sexual harassment, physical or verbal abuse, microaggressions, tokenism, or any other harmful action.
- To be respectful, kind, compassionate, and supportive to those around you, in both word and action.
- To speak out against instances of racism, sexism, ableism, and other discrimination or manifestations of prejudice, whenever possible.
- That, if asked by WABA staff to leave a WABA space because you're violating the Code, to do so.

WABA's expectations for Ride Marshals

Ride Marshals are representatives of WABA on the ride route! So we have additional, higher expectations for you.

- Ride marshals are friendly, approachable, and attentive to ride participants, contributing to a fun and safe environment by not harming anyone in any way, including refraining from behaviors like discrimination, harassment (sexual or non-sexual), physical or verbal abuse, tokenism, microaggressions, negligence or other harmful actions.
- Ride Marshals are considerate of all other road users, including people walking, driving, and biking, and encourage all participants to do the same.
- Ride Marshals wear a helmet on WABA's rides, as is required by WABA's insurance.
- Ride Marshals familiarize themselves with the event route prior to the ride by reviewing the ride marshal prep packet in advance of the ride. On ride day, they carry the cue sheets (received at ride check-in) and help guide riders back to the route as necessary.
- Ride Marshals assist ride participants in case of mechanical breakdowns or other issues by stopping to help the rider create a plan to resolve it. In the event of a complex issue, the WABA on-call staffer can help make a plan. Some solutions may mean the ride marshal doesn't complete the route themselves.
- Ride Marshals bicycle safely and legally. That includes:
 - Stopping at stop signs and red lights as appropriate. Cyclists can use the leading pedestrian interval at stop lights and yield at stop signs except when others have right of way at the intersection.
 - Clearly signaling every turn and stop.
 - Following posted signs.
 - Yielding to and notifying pedestrians of your presence (especially on trails!).
- Ride Marshals check in with WABA staff at pit-stops and initial the pit-stop check-in form.

- In the event that they are with or encounter a rider who requires medical attention, Ride Marshals will: stop riding and stay with the injured rider until the situation is resolved (more about this in the Incident Response section).

Ride Marshal Roles

For this ride, you will be asked to be part of a single ride group led by the Ride Leader and followed by the Sweep Ride Marshal. If comfortable with the task, you can help by corking intersections. Otherwise, your vigilance in looking out for all participants will go a long way.

Ride Leader

All participants should stay behind the Ride Leader.

The Ride Leader will make decisions about proceeding through intersections or waiting at a signal and, at times, call out to Ride Marshals to direct where they should be positioned at intersections.

Sweep

The Sweep will follow the group from behind and look out for any rider in need of assistance and will ensure no one falls off from the group.

When the group arrives at the pit-stop or finish, the Sweep will be able to communicate if everyone made it safely or if there were any issues.

Corking

Corking involves temporarily positioning oneself in the way of oncoming traffic to block cars from proceeding while the ride group goes through an intersection.

Drivers are most often good natured and respond well to your friendly waves, smiles, and signals to communicate that they will be able to proceed soon. If they can hear you, speaking to them and thanking them for their patience goes a long way!

If you encounter someone who is overtly hostile and aggressive try to be cheerful and de-escalate the situation. In any extreme case, which should be very rare, do

not remain in harm's way and direct other riders to stop so the driver can go forward.

Otherwise, once the entire group has safely made it through the intersection, you can abandon the post and catch up to be prepared for the next one!

When going straight through a four-way intersection, you generally need to have Ride Marshals corking on either side of the group to block traffic perpendicular to the group.

On large roads with multiple lanes of traffic, it helps to have multiple Ride Marshals spread across the lanes.

When making a left turn in a four-way intersection, Ride Marshals need to block traffic from three directions.



Pit-stop

Here is the pit-stop the route will pass through on ride day:

- Floral Library (mile 1.5) 10:30 AM - 3:30 PM

What to do at the pit-stop

- Check in with WABA staff. They'll ask how your ride is going and mark you off on a spreadsheet. This is an important part of how we keep up with how many participants are still on the route!
- Confer with the Ride Leader about how long the group will stay at the pit-stop. Have a quick meeting to discuss how things are going and if any adjustments need to be made in the plans.
- Take a break! Hydrate! Eat a snack!

After the ride...

- Look for the ride marshal check-in at the picnic.
- Tell WABA staff you're back.
- Give back your Ride Marshal vest and kit.
- Turn in any incident report forms.
- Enjoy the after party!



Incident Response

As a marshal, it is your responsibility to be proactive and vigilant in looking out for other riders on the route.

This means you might not do the ride as fast as you can or would if you were paying the registration fee and riding on your own or with your friends.

It means you might have to stop and help someone find a metro station or fix a flat.

It means you might have to pull over and sit with someone for a few minutes after they've taken a spill and scraped their knee, and help them discern if they can keep riding or if they should call it a day.

How to respond to a crash

If you witness a crash:

1. Stop riding and stay with the injured rider until the situation is resolved.
2. Make available the first aid supplies contained within the Ride Marshal first aid kit.

3. Call 911 for any injury needing additional medical attention such as, but not limited to:
 - a. trouble breathing
 - b. uncontrollable bleeding
 - c. suspected broken bones or sprains
 - d. head injuries
 - e. any loss of consciousness
 - f. hyper/hypothermia.

When emergency medical services arrive, the participant has the right to refuse medical transportation.

4. Once the participant is safe, call the WABA Ride Marshal Manager (phone number provided in the marshal kit) and further assist WABA staff as needed, able and instructed.
5. Document the scene as completely as possible by completing the incident report form in the marshal kit, and return the form to WABA staff at the next ride site.

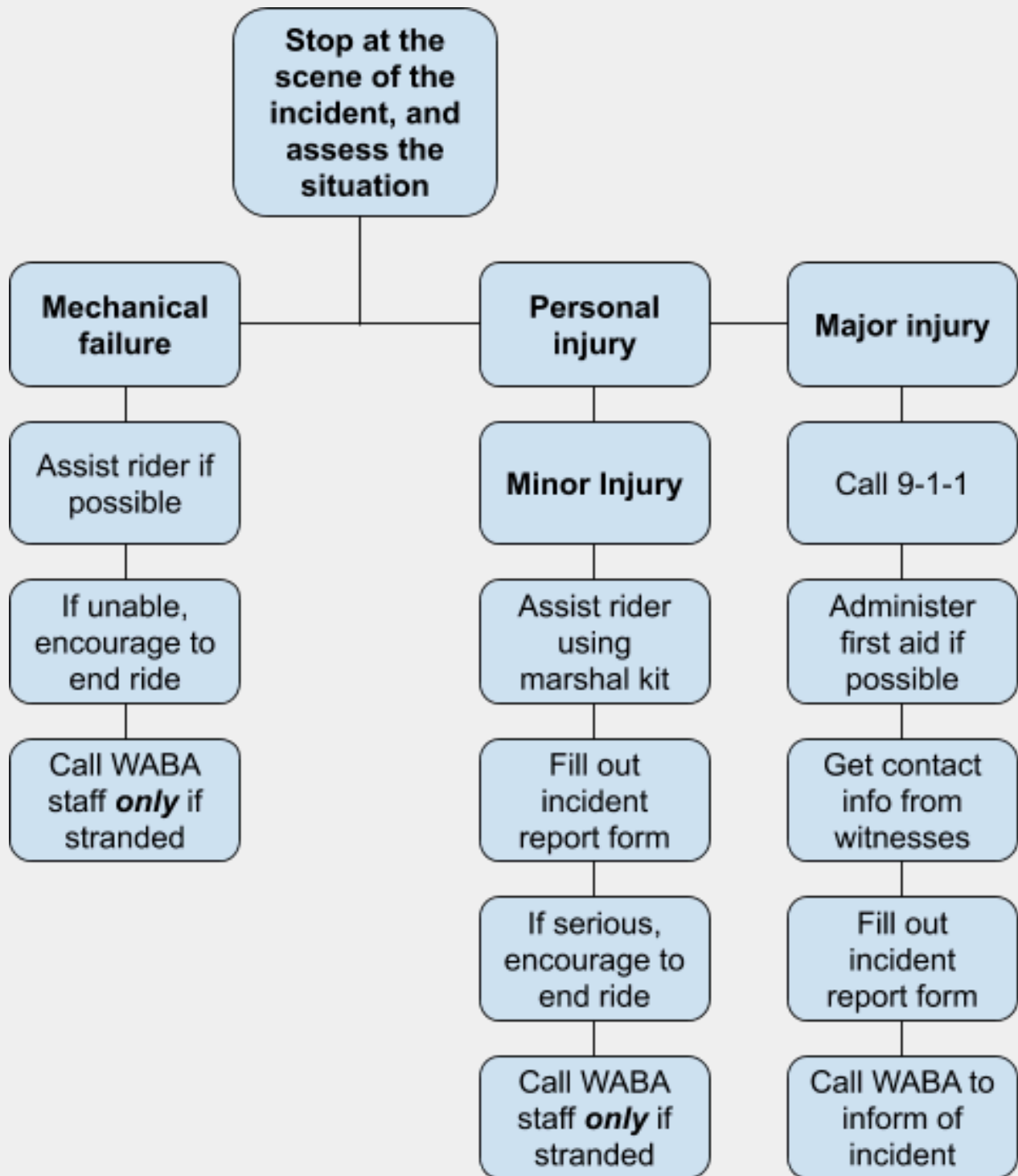
Decision-making

Making the decision to call 911 will be stressful.

The participant may not want you to.

You may be unsure if you should.

Life rarely corresponds to a flow chart. But, I hope that this chart clarifies the incident-response protocol:



Marshal Emergency Contact

As described above, in a true emergency, please call 911 for assistance.

If a participant has had a less serious incident but is stranded due to injury or mechanical failure and needs assistance, please call us.

Or, If you ever don't know what to do in any situation as a Marshal on a WABA ride, please call us, and we will help.

The number to reach us at will be in your Marshal Kit.

During the event, if your call is not answered, it is probably because we are dealing with another issue. Your call will be returned within 5 minutes.

Routes and Navigation

You can see the ride route here on RideWithGPS: [2024 Bloom Ride & Spring Picnic-\(3\) mile Blossom Expedition Route](#).

You can get free RideWithGPS turn-by-turn navigation on your smartphone with these steps:

1. Sign up for a free [RideWithGPS](#) account.
2. Join the WABA RideWithGPS club by clicking [here](#) while logged into your account on your web browser.
3. Install the mobile app on your phone and log in.
4. On the web browser, go to [the ride route](#). Then click "send to phone."
5. Open the app on your phone, find the route, and click "Navigate."

You can also download route files for your Garmin or other device if you want. Those files can be accessed when you click through to a specific route.

Many thanks for serving as a Ride Marshal!

If you have further questions, please contact us at:
events@waba.org