

# 907 SAFE RIDERS

## Build STRONG RIDING TEAMS

### Trailhead Meeting - Safety Checklist

1. Survival and safety equipment.
2. Food and Water
3. First aid
4. Who has communication equipment . Do a radio check (sat phone, inreach, spot, cell phone, rhino, two way, channels, etc.)
5. Hand signal review (if you have new riders in your group) - slow down, speed up, stop, stay there, danger, come on, point positive, I'm OK, 1 at a time, gather up, let's go, etc. etc.
6. Route plan and rally locations- review map for any new people or all if riding a new area
7. Trip plan filed with a friend
8. Ride level and terrain for the day agreed on by the group- 1 to 5
  - \*Easy day simple terrain 1
  - \*Average day simple to challenging terrain 2 to 3
  - \*High output ride challenging to complex terrain 4
  - \*Big Day 5 challenging riding and complex terrain skills needed
9. Stoke Check (give an explanation to new riders) 1 to 5
  - \* this is a great ride, I'm having fun 5
  - \* this is a good ride. I'm feeling confident 4
  - \* I am still good to go but not as enthusiastic 3
  - \* this is starting to be not so good for me 2
  - \* low stoke I don't like this, a change is needed or go back 1
10. Time plan breakdown - (return time, lunch, breaks, etc.)
11. Travel & Avalanche terrain protocol – lead rider, spacing, sweep, responsible for the guy behind you, one on a slope at a time with eyes on etc.
12. Avalanche and weather forecast review
13. Emergency Plan- getting help, contacts, resources
14. Avalanche gear- Pack, Probe, Beacon and Shovel
15. Beacon check (battery power, transmit and receive verification)
16. Any additional gear or topics for special rides

- Build a good equipment checklist for your team and adjust for specific rides as needed
- Rotate leadership rolls through your team on occasion
- Take advanced training to enhance your team (avalanche, medical, survival, rescue etc.)
- Come up with a TEAM name and build team pride
- Do avalanche rescue early season and several times throughout the season
- Stop and share observations often, reassess prior to high marking or entering challenging or complex terrain
- Stoke check to see how your group is feeling about the ride ( try to keep everyone above a 3)
- Practice terrain selection and discuss it with a team member or your entire group
- Pre ride meetings should be held several days prior when possible and always for advanced rides -planning and preparation is often needed.

“Your team’s strength may save someone’s life”

**907 Safe Riders**

**Trailhead Meeting - Safety Checklist**

1. Survival and safety equipment.
2. Food and Water
3. First aid
4. Communication equipment
5. Hand signals
6. Route plan
7. Trip plan filed
8. Ride level 1 to 5
9. Stoke Check 1 to 5
10. Time plan breakdown
11. Travel & Avalanche terrain protocol
12. Avalanche and weather forecast review
13. Emergency Plan
14. Avalanche gear
15. Beacon check
16. Additional gear