

Guidelines for Support Car Drivers

The purpose of the support car is to enhance the safety of the group ride and to provide help for riders who experience problems with their bikes, who get separated from the group, or who are involved in an accident

When following the group, stay approximately 10-15 metres behind the last rider. Don't follow too closely as you will need time to react if the rider stops, but stay close enough to the bunch to prevent other drivers from entering the lane between you and the last rider.

Try to use only one lane of the road. Stay in the lane that the riders are in. Do not drive beside the riders, blocking the lane beside them.

Visibility The support car is important for flagging the presence of the group to other road users by driving at the back of the last group with illuminated hazard lights, an attached warning sign, and a flashing roof light. If the group splits into two or more bunches, one support car should ideally drive behind each bunch (if there is sufficient number of cars and if there is a sufficient gap between the bunches), with priority given to the last bunch. If a rider is dropped by the group, the support car should drive behind this rider, provided the gap is no more than a hundred metres or so. Otherwise, the support car should offer assistance (see Lifts and Slipstreaming below).

Water The support car normally carries a supply of water for riders who haven't carried a sufficient supply themselves. Riders can top up at the designated stops.

First aid kit there is a first aid kit in the car for use in the case of accidents. However, the support car driver is not obligated to administer first aid.

Punctures The support car driver may provide assistance with flats, where possible. Support car drivers often carry a foot-pump in the car but it's not required. Riders are expected to carry their own pumps, spare inner tubes, or puncture repair kits. Support car drivers are not obligated to help mend punctures.

Lifts A support car driver may offer to give a lift to a rider and his bike, if requested by the rider and if space is available. Not all support cars are 4x4 vehicles so space may be limited. A lift may be helpful in a number of circumstances. For example, the support car can bring a rider who has been dropped or who has punctured a kilometre or so ahead of the group so that he or she has a couple of minutes to get back on the bike and re-join the group.
Bring along some towels to protect your seats in case you have to pick up sweaty cyclists

Slipstreaming A support car driver may also offer assistance to a rider who has been dropped by allowing the rider to draft in the slipstream of the support car in order to catch up with the last bunch in the group. If the rider is unable to maintain sufficient speed to prevent the support car losing contact with the group the rider should be offered a lift (assuming there is space). If the rider declines, the support car driver should check that the rider has sufficient water and should then regain contact with the group.

Communication If possible, the support car drivers should communicate major problems to head of the group or to the ride captain. Special care should also be taken when leaving Dubai as the traffic lights may keep some riders behind. In this case it should be communicated to the front group that they make an extra loop on the roundabout so that riders can catch up.

Traffic calming The safety of the group is most at risk when riding past entry ramps from other roads and when riding through roundabouts. Where possible, a support car should drive ahead of the group in the left lane on the approach to a roundabout, slowing to a halt at the entrance to the roundabout and flashing headlights to alert other traffic to the presence of the group. Don't stop on the roundabout itself. When coming over Safa Park Bridge towards the traffic light on the way out, don't block the right lane. Go to the end of the bridge and stay on the cross hatching area. Put your hazard lights on to make other drivers aware of the group. Leave enough space so that cars can overtake on your right side going towards the traffic light at the bowling centre.

Start of the ride Support car drivers should arrive at the start point approximately fifteen minutes before the departure of the group and they should exchange mobile telephone numbers to allow them to communicate with each other during the ride.

Support Kit Support car drivers are requested to pick up a flashing light, sign board, first aid kit, and water from Wolfi's Bike Shop during the week before the Friday ride. All kit should be returned to Wolfi's Bike Shop before the next Friday ride."

In case of an accident If there is an accident, stay calm and keep the rider calm. Secure the place of the accident first. Move the riders and bikes off the road. If you cannot transport the riders call 911 for an ambulance. Inform the other support cars about the accident so they can assist you, if necessary.

If you need to take an injured rider to the hospital, let it be their choice as to which hospital they go to as they may have a preference and/or it may be dependent on their medical insurance guidelines. Rashid Hospital is the city's emergency hospital and Medcare, beside Safa Park, is a well located private hospital.

Wolfi's mobile number is 050 6443524