**SAG BEGINNER**

1. GOAL: Keep it simple & fun – maintain a low barrier to entry
2. ASSIGNMENTS:
   1. Hand out in advance, so SAG’s can study their routes
   2. Minimum, 1 SAG per route – on the route
   3. New SAGs do short course - with good cell coverage
   4. Use experienced SAG as back-up / mentor
3. DRIVING GEAR & SKILLS
   1. Learn to be visible to riders – they’ll appreciate it!
   2. Don’t “tail” riders – do leap frog, drive opposite direction
   3. Pull over carefully – don’t block riders view, leave door room
   4. Rider Pick-ups – mostly at rest stops, unless mechanicals
   5. Don’t drive with emergency flashers on – it’s illegal in U.S.
   6. Have agreed-to signal with riders to hail SAGs (point down?)
   7. Be conspicuous at start of ride & drive with headlights on
4. MECHANICAL GEAR & SKILLS:
   1. Repair flats: <https://www.youtube.com/watch?v=-ZbeR0mJBkk>
   2. Put chain back on: <https://www.youtube.com/watch?v=jWDfHJ6vMyI>
5. FIRST AID GEAR & SKILLS:
   1. Bring 1st Aid Kit from home or borrow the club’s
   2. Add: Nitrile gloves, sunscreen, plastic bags
6. SAG EQUIPMENT:
   1. Bike Rack for at least 2 bikes!
   2. Cell phone / contact info on all route sheets / paper & pen
   3. Bring extra route sheets for riders
   4. Floor pump, spare tubes (club stock?), tire levers, gloves
   5. Ice chest, water supply and snacks for riders
   6. Use plastic survey tape to mark vehicle
   7. Plastic bags, markers, & labels for collecting rider’s gear

**SAG EXPERT** *(all the proceeding, plus…)*

1. GOAL: Attain proficiency, core support team for major cycling events
2. ASSIGNMENTS:
   1. Drive route(s) in advance to learn roads, hazards, & cell coverage
   2. Provide feedback to Ride Leader on que sheets & rest stops
   3. Offer ride-alongs / mentoring to new SAG drivers
   4. Work the longer, more complex routes
3. DRIVING GEAR & SKILLS:
   1. Utilize Ride With GPS Mobile for audible route directions
   2. Provide / use Club SAG magnetic placards for visibility
   3. Carry 12v roof top beacon + roadside warning triangles
4. MECHANICAL GEAR & SKILLS:
   1. Add personal bike tool bag + second floor pump
   2. Know how to change tight tires:

<https://cyclingtips.com/2017/12/tips-for-installing-removing-impossibly-tight-tyres/>

1. FIRST AID GEAR & SKILLS:
   1. Carry a quality first aid kit (REI or NOLS) & preview contents
   2. Add: surgical scrub brushes, irrigation syringes, Tagaderm, ice packs, MORE nitrile gloves, mesh bandage, incident report forms
   3. Know locations of local medical centers for transport
   4. Road rash: <https://www.youtube.com/watch?v=5FsiwYZMV40>
   5. Heat stroke: <https://www.youtube.com/watch?v=PpHM4DfPZQU>
2. SAG EQUIPMENT:
   1. Identification: Provide/use Club SAG shirts & Sweep vests
   2. Road: push broom, dust mask, pruners, folding saw, spray chalk
   3. Hydration: electrolytes, ice, rubber mallet or ice pick
   4. Emergency: blankets, jackets, pillow, umbrella, & foam pad
   5. Misc: towels, cow bell, extra 12-volt outlets (for Radio Ops)

**SAG PRO** *(all the proceeding, plus…)*

1. GOAL: SAG Manager, first responder, trainer for cycling clubs
2. ASSIGNMENTS:
   1. Manage SAG/Sweep Team (\*don’t let Radio HQ take it over!\*)
   2. Plan / fulfill SAG equipment needs in advance
   3. Thank / recognize team for participation & expertise
3. DRIVING GEAR & SKILLS:
   1. Add: front dash flasher, rear flashers, roof-top flag, etc.
   2. Get second pre-paid (cheap) cell and/or amateur (licensed) radio
   3. Know Traffic Management Guidelines: <https://novascotia.ca/dma/firesafety/docs/EmergencyRespondersTrafficManagementGuidelines-EmergencyScenes.pdf>
   4. Take Traffic Incident Management (TIM) Training Program (registration required) – part of 12 unit certificate program: <https://learning.respondersafety.com/Blocking-Procedures-At-Roadway-Incidents.aspx>
   5. Do Flagger Training: <https://onlineflagger.com/caltrans-page/>
   6. 28” collapsible traffic cones, stop/slow paddles, 2-way radios
4. MECHANICAL GEAR & SKILLS:
   1. Carry spare tires (23c-28c) + rack-mount repair stand (Kuat)
5. FIRST-AID GEAR & SKILLS:
   1. National Outdoor Learning School/REI 2-day First Aid Training: [https://www.nols.edu/en/courses/courses/wilderness-first-aid- WFA/?gclid=CKPQkZfjkNQCFdO3wAodbIkF0Q](https://www.nols.edu/en/courses/courses/wilderness-first-aid-%20%20WFA/?gclid=CKPQkZfjkNQCFdO3wAodbIkF0Q)
   2. NOLS Patient Assessment: : <https://www.youtube.com/watch?v=hXQAmx2AYIk>
   3. CPR Course – American Heart Association: [https://www.procprclasses.com/#gp](https://www.procprclasses.com/%23gp)
   4. GOOD SAM Laws: \* California code protects “medically trained caregivers” more than lay rescuers. Unfortunately, you are less protected in California if you are not trained. Do not exceed your level of training! For more details: <https://www.verywell.com/no-good-samaritan-1298834>
   5. In California, you do not have a legal obligation to provide medical care but, once you do, a “Duty of Care” exists and you must see it through

6) SAG EQUIPMENT:

* 1. Provide Class II “SAG” safety vests & SAG baseball caps (popular)

**BozSAG’s TOOL BAG:**

Nitrile gloves & rags

Two pumps, Presta & Schrader

Tire pressure gauge

Spare tires, 23-28c

Spare tubes, 23-32 mm

Tire levers

Patch kits & tire boot material

Chain tool & tensioner

Park Master Chain Link Pliers, plus 8, 9, 10, & 11 tooth Master/Quick Links

Allen wrenches, metric & SAE

Foam pad to lay bike frame on (if your car’s bike rack won’t work for this)

Park Tool metric wrenches, common sizes

Adjustable (crescent) wrench, 6” & 8”

Park Tool, 3-way hex wrench (4, 5, 6 mm)

Screwdrivers, straight & Phillips

Wire/cable cutters

Pliers, regular & needle nose

Spare cables

Spare pedals

Park tape measure, standard & metric

Spray lubricants, wet & dry

Duct & electrical tape

Zip ties

Velcro strap (for securing front wheel)

Misc. bolts, for securing racks

Scissors & razor blade cutter

Cable locks

ADD YOUR FAVORITES HERE:

**MISCELLANEOUS GEAR AND \*NOTES:**

Telescoping paint brush handle (for push broom, so it fits in my SUV)

Roll of toilet paper (for that Rest Stop that didn’t come fully equipped)

\*Not all SAG/Sweep vests and caps come back – OK to keep as souvenirs?