

14. Make every sagged rider sign the Incident Report.
15. Do not try to drive by a cyclist and talk to him/her while driving.
16. When assisting a bicyclist, move your vehicle ENTIRELY off the road. Never stop on the road to assist a cyclist.

#### HEAT EXHAUSTION:

Heat exhaustion is the body's response to an excessive loss of water and salt contained in sweat. (It is a milder form of heat-related illnesses that can develop due to high temperatures and inadequate or unbalanced replacement fluids.)

#### SYMPTOMS/WARNING SIGNS:

1. heavy sweating
2. paleness
3. muscle cramps
4. tiredness
5. weakness
6. dizziness
7. headache
8. nausea or vomiting
9. fainting

#### TREATMENT:

Move rider to a cooler environment (shade or air conditioning), give them a cool liquid with sodium but NO caffeine, loosen or remove clothing to aid in heat loss, apply cool water to skin and encourage them to rest.

#### WATER INTOXICATION:

A potentially fatal disturbance in brain functions that results when the normal balance of electrolytes in the body is pushed outside of safe limits by the over-consumption of water. Mild intoxication may remain asymptomatic and require only fluid restriction. In more severe cases, immediately call as medical care is urgently necessary.

**THANK YOU FOR YOUR  
HELP. BRAG COULD NOT  
ROLL ON WITHOUT YOU!**



presented by



# SAG WAGON DRIVER MANUAL

We welcome your comments and suggestions.

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This information will prepare you for your job as a BRAG SAG wagon driver. It does not cover everything you might encounter. Please use your own good judgment.

Remember, SAG vehicles are not intended to provide taxi service or to transport personal belongings such as luggage.

#### BASIC REQUIREMENTS:

1. At least eighteen years old
2. Valid driver's license
3. Proof of insurance
4. No moving violations within the last two years
5. Dependable vehicle
6. Space for two bikes and riders
7. Endless patience / sense of humor
8. You need to be comfortable driving and maneuvering a vehicle among cyclists on the road and in congested areas. You will spend much time on the wrong side of the road and should be able to manage this safely.
9. Cell phone

#### BRAG WILL PROVIDE:

1. Route description and map
2. SAG wagon supply box
3. First aid kit
4. Universal tire pump (Presta and Schrader valves)
5. Bottled water

#### YOUR DUTIES:

1. Stay alert and focused from start to finish. You will drive a significant distance each day. Your job is critical to the safety and well being of the riders.
2. Have your cell phone on at all times.
3. Stop for riders who are signaling by patting their head or helmet. Riders do not always make the proper signals. Watch them closely. Some who need help will continue to ride, so watch your mirror as you pass to make sure a rider you have passed is not signaling.

4. When you pick up or assist a rider, complete the Incident Report and have the rider sign immediately. Riders must have a BRAG wristband and bike tag to be entitled to SAG service. Minors under the age of sixteen must be accompanied by a parent or guardian.
5. Do not neglect your own needs. Drink plenty of fluids. Take a little time (ten to fifteen minutes) at rest stops to eat snacks, walk around, communicate with riders and use the restroom.
6. At the end of the day, if you are the designated SAG "sweeper" of the route, pick up the orange directional signs and any BRAG-owned and related signs and bring them to HQ.
7. Have fun and enjoy the experience of providing a valuable service to your friends and fellow cyclists.

#### MEDICAL SUPPLIES:

1. Make the first aid kit available to injured riders. Let them make the choice of what they need. **DO NOT DISPENSE FIRST AID SUPPLIES UNLESS YOU ARE A DOCTOR, NURSE OR CERTIFIED BY THE AMERICAN RED CROSS.** You could be liable if you dispense medical supplies.
2. If a rider is seriously injured, do not move him/her. Call 911.
3. If a rider is transported to camp be sure to drop him/her off at HQ, and be sure to record this accordingly in the Incident Report.

#### COMMUNICATIONS:

Report serious incidents to the SAG Coordinator and BRAG HQ. Report the names of riders taken to the hospital. If a rider is taken to the hospital, bring his or her bike and personal belongings to HQ.

#### RULES OF THE ROAD FOR SAG DRIVERS:

1. Report to the SAG Coordinator no later than 7:00 AM to get your daily schedule and instructions.
2. Cover the portion of the route to which you are assigned. At least one SAG wagon should be assigned to the century route.
3. Your hazard lights and headlights must be on at all times.
4. Keep the SAG Coordinator and BRAG HQ informed of your activity and position.
5. Riders are instructed to tap the top of their head , or helmet if they want assistance. A thumbs up signal signifies that all is well. Riders don't always make the proper signals. Watch them closely.
6. When stops are made on the shoulder, watch carefully before opening the car door. A rider may be passing.
7. Maximum speed is 45 MPH, or the legal speed limit, whichever is slower, while you are on the bike route.
8. It is ok to pass cyclists by crossing the center line if safe and necessary. **YOU MUST GIVE A CYCLIST AT LEAST THREE FEET WHEN PASSING.** Preferably more.
9. BRAG does not carry health, accident or automotive insurance and does not pay for moving violations. BRAG is not responsible for accidents or injuries. You must carry your own insurance coverage.
10. Do not let traffic stack up behind you. This causes a hazard to the cyclists and annoys the motorists. Find a safe place to get off the road and let the traffic pass.
11. Keep a record of any fuel or supplies you buy for the SAG vehicle and riders. BRAG will reimburse you for properly documented fuel and water purchases. Mail your receipts to BRAG HQ for reimbursement. BRAG does NOT reimburse for fuel for your personal travel to and from the ride.
12. You will be driving for hours. It can be tiring, trying and boring. Late in the day, especially on the century route, riders are spread out for miles. Use your best judgment in finding and caring for them.
13. Driving a SAG wagon can be a fun and rewarding experience. Be sure to stay comfortable, drink plenty of fluids, eat and take short breaks. You will have a better time and do a better job.