

I. Communication before the ride - FULL SCRIPT

Coranna OC 1 (to camera):

- as you've seen in video series, lots of emphasis on communication on Trailblazers rides
- essential to have good communication before ride even begins
- Hi, it's Coranna

Ron OC 1 (to camera):

- and I'm Ron
- in this segment: the conversation with your partner at

the shed (before getting on bike;
before even choosing bike)

- purpose: acquaint yourselves,
learn one another's ride
preferences, work out any
special cues and code-words
you'll use on ride

Coranna OC 2 (to camera)

- let's take you through a typical
pre-ride discussion

Coranna & Ron - scene SCENE SEG

- 01 (THE PRELIMINARIES)

RON GOES FIRST, CALLING

CORANNA BY NAME

- . hellos to each other; how are you doing?
- . shake hands
- . tap stoker's hand or say name to address
- . bit of small talk: e.g., previous rides this season, etc...

Coranna (commentary, to camera)

OC 3

- . handshake important for blind person; replaces eye-contact, facial cues, etc...
- . note: talk as you would normally; no need to shout, just fine to use expressions like "good to see you"

- tap stoker's hand or say name to address

Ron OC 02

- after small-talk, stuff to find out

Coranna & Ron - scene SCENE SEG
- 02 (RIDE PREFERENCES)

RON ASKS ABOUT

- time constraints
- route, terrain preferences, traffic
- pedalling speed, gear tension
- how much information stoker wants about gear-changes, turns, hills, stops

- who will do hand signals

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CORANNA TALKS ABOUT

- let's just go over hand signals: Left, Right, Slow/Stop

RON ASKS:

- anything else? (foot on ground before starting?)

Coranna OC 4 (commentary, to camera)

- important to talk about:
 - time constraints

- route, terrain preferences, traffic
- pedalling speed, gear tension
- explanation of hand signals;
Stoker can do those if comfortable; have to learn the signals, though
- if this is a first ride with a particular captain, I usually say how much information stoker wants about scenery, food stops, location

Coranna & Ron - SCENE SEG - 03
(CUES AND CODE-WORDS)

CORANNA ASKS:

- starting routine?

RON SUGGESTS:

- . countdown? Ready-go?

CORANNA ASKS ABOUT

- gear up, gear down

- words for coasting, announcing bumps

RON ASKS ABOUT:

- . words for narrow passageways

- needing to stop for water, rest, bathroom, bike adjustments

- "OK, I think we're good." "Should be a fun ride."

Ron OC 3 (commentary, to camera)

- also, you and your partner could establish a common vocabulary about:

- starting routine: countdown

- words or signals for coasting,

pedalling softly, announcing

potholes, speed bumps, narrow

passageways, needing to stop

(water, rest, bathroom, bike

adjustments)

CORANNA OC 5: "The pre-ride conversation is very casual and friendly, but also really important.

The more you know about each

other at the start, the smoother the communication will be during the ride."

I. Communication before the ride -

CORANNA'S OCs

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Coranna OC 2 (to camera)

- . let's take you through a typical pre-ride discussion

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Scene Segments only

Coranna & Ron - scene SCENE SEG

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Coranna & Ron - scene SCENE SEG

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- who will do hand signals
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