

## **Saskatoon Cycling Club Activity Guidelines**

### **What to expect when attending:**

- ✓ Arrive 10 minutes early in order to meet the ride leader;
- ✓ listen to their instructions;
- ✓ have a group photo taken.

### **A) Rider responsibility guidelines, *(to be read by participants before the ride)***

- 1) You must wear a helmet which is certified for cycling.
- 2) You must be an SCA member, or have signed up for a Try-out event online, or a Recreation Day Pass online.
- 3) Your cycling equipment must be in good working order at the start of the ride. You are responsible for your own safety and equipment.
- 4) Have a plan in case of equipment malfunction during the ride: bring tools, or call for a ride, or take a bus, or walk home, or other.
- 5) Consider the weather when choosing clothing and gear.
- 6) Follow traffic laws, ride etiquette **B)** and the instructions of the Ride leader.
- 7) Let the Ride leader or Sweep know if you are having difficulty, or wish to leave the ride early.
- 8) SCC requests that participants carry their health card, emergency contact information, cash or credit card, hydration and snacks, cell phone if possible.

### **B) Ride etiquette: Please:**

- a. slow down and give a wide berth when passing.
- b. ring a bell or call out "Passing" when approaching pedestrians or others from behind.
- c. pull over if stopping, to avoid collisions or swerving by following cyclists.
- d. share the trail courteously with other users.
- e. indicate your intentions to turn or stop, or to point out a road hazard.
- f. follow the instructions of the Ride Leader.

## **C) Ride situations**

1. Try to not block the trail when stopping or grouping up.
2. If the trail is busy with other users consider riding on an adjacent road, taking another route or dismounting and walking your bike.
3. Faster riders please stop (in a safe location) to allow all of the group to catch up, rest, and get further route instructions from the ride leader.
4. To turn left on roads with vehicle traffic, it is advised to group up where there is enough space, and cross as a group, rather than leaving individual riders to turn left.
5. On roads with vehicle traffic, follow traffic rules.

## **D) Ride Communication**

- a) The Ride Leader and Sweep should have a cell phone.
- b) Use hand signals and speech to indicate intention to turn or stop, or to point at a road hazard.
- c) Let the Ride leader or Sweep know if you are having difficulty, or leaving the ride early.

## **E) The Role of the Ride Leader**

1. Have a cell phone and SCC first aid kit, know the SCC Emergency Action Plan (*EAP* Appendix A), SCC Risk Management Plan (RMP Appendix B), SCC Activity Guidelines (this document) and check on **A**).
2. Appoint a Sweep rider, to assist you, and to ride behind all the other riders to ensure their well-being.
3. Mention the ride will be paused at intervals, and trail etiquette. **D**)

4. Make the final decision on which route to follow, and possibly alter that route before or during the ride for safety reasons (including weather) as necessary.
5. Make other safety decisions as necessary: rider readiness; group size; additional ride leaders; pausing ride to allow the group to reform; check on riders during the ride; call 911!
6. Bring all riders back to the start location, with the exception of those who left early. (See **H**) below)
7. Complete a report if there were any significant incidents. (*See EAP, Appendix A, Incident report form*)

#### **F) Weather factors:**

- a) The Saskatchewan Cycling Association (**SCA**) **weather guidelines** will be used to decide if a ride should be altered or canceled. [SCA Weather Policy & Guidelines](#)
- b) If it seems likely weather conditions might deteriorate but the ride goes ahead, the route will be altered to allow riders to be closer to shelter.

#### **G) Medical support:**

- 1) Members will be encouraged to take training in first aid, and carry a cell phone.
- 2) The Ride Leader and/or Sweep riders will have a cell phone and the SCC first aid kit.
- 3) Call 911 if an ambulance is required.
- 4) All riders are advised to carry their health card, emergency contact information, and cash or a credit card for emergency transportation.

#### **H) Participants Leaving the Ride Early:**

- Sometimes a participant may be **unable to continue** but does not require emergency services.
  - 1) Help the ride participant arrange a pickup.
  - 2) Exchange phone numbers between the ride leader and the participant.
  - 3) At least one other person should wait with the participant until they are picked up.

4) The participant is to notify the ride leader when they are safely home.

➤ Riders may occasionally choose to **leave the ride early but they can still ride.**

5) If the rider is suffering from fatigue, the ride leader should ensure the rider **has a plan to get home safely**, and they should exchange phone numbers for a check in later.

6) If a rider has decided to exit the group ride to take a shortcut home, they must tell the Ride Leader or Sweep, and are then on their own.