

<b>SILVER SPOKES CYCLING CLUB</b>	<b>Revision 0</b>
<b>RISK MANAGEMENT PLAN</b>	<b>February 2020</b>

## **1. Definitions**

“Club” – The Silver Spokes Cycling Club (SSCC)

“Member” – An individual who has chosen to join the SSCC and has fully paid the annual fee

“Participant” – An individual who is taking part in an SSCC cycling event

“Ride Leader” – A Participant who has been designated by SSCC to be in charge of a SSCC group ride

“Club Rides” - Rides formally organized by the Club and as described on the Club website. Rides not listed on the Club website are not Club rides.

## **2. General**

Cycling can be a dangerous activity. The SSCC has developed this Risk Management Plan to document how Club rides are to be managed to reduce or mitigate risks associated with cycling activities.

Each Club Member shall receive a copy, electronic or otherwise, of this Risk Management Plan and a copy shall be available on the Club website. Club Members shall also familiarize themselves with the ride descriptions and Club policies (e.g. Lightning and Adverse Weather Policy) relevant to ride safety.

## **3. Participation in Club Rides**

To be eligible to participate in a Club ride, Participants must, if requested by the Ride Leader:

- a) Provide proof of Club membership in good standing prior to the ride, or
- b) Present an OCA-issued UCI License, Citizen Permit or proof of other Affiliate Club Membership, or

For non-OCA members wishing to try out a Club Ride, the Club will have designated try-out dates where an individual can try group riding with the Club. Prior notification is required and a waiver<sup>1</sup> and sign-in form will be required prior to participation. All non-members participating in the program must bring any emergency medical information and a health card. Non-OCA members may participate in a maximum of two try-out rides before choosing whether or not to join the club or OCA.

## **4. Ride Leaders**

A Ride Leader will be appointed for each Club ride. The Ride Leader will identify himself/herself to the group so that everyone is aware of who is coordinating the ride.

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<sup>1</sup> CANADIAN CYCLING ASSOCIATION WAIVER, RELEASE and ASSUMPTION of RISK AGREEMENT

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The Ride Leader may describe the general ride route, and may describe any ride segments that may have a higher level of risk, e.g. steep hills or sections of the road requiring single file riding. A brief safety tip may be provided at the commencement of the ride. Each individual group on a Club ride may not have a Ride Leader.

Ride Leader(s) will carry a cell phone for emergency use on all Club rides. Participants are encouraged to carry their own cell phones on Club rides. Rider Leaders should immediately call 911 in the event of an emergency.

The Ride Leader has the final decision on all matters pertaining to the Club ride and his/her decisions must be respected by all Participants.

## **5. Participant Safety**

While on Club rides, all Participants must adhere to and obey all rules of the road as per the Ontario Highway Traffic Act<sup>2</sup>. A link will be available on the Club website that pertains to the sections on cycling of the Act.

Participants shall wear an approved bicycle helmet<sup>3</sup> at all times while participating in any Club ride, and are strongly encouraged to wear other protective equipment, e.g. gloves, eye wear.

Participants are responsible for ensuring that their bicycles are in good working order before attending each Club ride. In particular, Participants should ensure that brakes are operating correctly, tires are in good condition and inflated to the recommended pressure, and batteries required for any electronic devices are charged. Participants are responsible for carrying any parts and tools required for emergency repairs such as a spare tube and tire inflator.

It is recommended that Participants use flashing red rear lights at all times, regardless of time of day.

Participants are responsible for dressing appropriately for the weather conditions (e.g. heat, cold) expected on the ride.

Participants shall ensure that they have adequate hydration and food for the type and length of ride being undertaken.

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<sup>2</sup> <https://www.ontario.ca/laws/statute/90h08>

<sup>3</sup> R.R.O. 1990, Regulation 610, Section 4

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Participants are responsible for ensuring that they are in adequate physical condition to undertake a chosen Club ride in accordance with the Ride Descriptions posted on the Club website.

Participants shall not be under the influence of any drug or beverage product that could impair their riding judgment while on a Club ride.

Any Participant on a Club ride should immediately advise the Ride Leader and other members of the ride should the member feel the group or individuals in the group are riding in an unsafe manner. The Participant should withdraw from the ride if they feel unsafe. If this happens, the Ride Leader shall ensure that the Participant knows how to return to the ride starting point.

## **6. Rides**

Club rides on roads will be planned to use lesser-travelled roads where possible and practical.

In accordance with the SSCC “Lightning and Adverse Weather Policy” Club rides will not run if lightning is present, and will be cancelled or shortened if lightning is sighted. Rides may also be cancelled or shortened due to other adverse weather conditions such as heavy rain, fog, etc.

When a large number of riders come out for any given Club ride, the riders will be encouraged by the Ride Leader to break into smaller groups. A size of 6 – 12 is a reasonable group. Groups should ride at least 100 meters apart on the road to allow other vehicles to pass safely in two manoeuvres.

Riders must not be left behind during a Club ride unless they first confirm with the Ride Leader that they are detaching from the group. All Participants in the Club ride are responsible for ensuring they properly notify the Ride Leader if they are detaching from the group.

In the event of an accident the Ride Leader and Participants shall follow the SSCC Emergency Response Procedure and, where necessary, the SSCC Concussion Policy. Any and every accident on a Club ride shall be immediately reported to a Club Executive Member and reported to the Ontario Cycling Association through the proper reporting procedures in accordance with the Emergency Response Procedure. A list of Club Executives can be found on the Club website.

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## **7. Skills Development**

The Club encourages all riders to be comfortable and proficient with group riding before joining a Club ride.

New or novice Members are encouraged to participate in the Learn to Group Ride program offered by the Club before participating in more challenging or technically advanced rides.