

<b>SILVER SPOKES CYCLING CLUB</b>	<b>Revision 2</b>
<b>RISK MANAGEMENT PLAN</b>	<b>April 2024</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

“OC” – Ontario Cycling

“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 avoid, reduce or mitigate risks associated with cycling activities.

The SSCC board will embrace a perspective that actively identifies emerging risk, and will collectively assess, and communicate any, and all risks to the club and riders through Ride Leaders and this Risk Management Policy.

Each Club Member shall be notified of the existence 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. 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 Ontario Cycling-issued proof of membership, or
- c) For non-OC 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 signed waiver<sup>1</sup> will be required prior to participation. All non-members participating in the program must bring any emergency medical and contact information and a health card. Non-OC members may participate in a maximum of two Try-Out rides before choosing whether or not to join the club or OC.

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

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#### **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. 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.

Ride Leaders are expected to monitor the overall status of the ride, ensuring that speed guidelines for the ride type are being followed, that Participants are riding safely, and no Participant is experiencing difficulty in staying with the group on no-drop rides.

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.

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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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It is recommended that Participants use bright flashing red rear lights at all times, regardless of time of day. Both front and rear lights are required under conditions where visibility may be limited during part of the ride (e.g. in the evening near sunset).

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.

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 Participant 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, and may assign another group member to accompany the Participant leaving the ride.

## **6. Rides**

Club rides on roads will be planned to use lesser-travelled roads where possible and practical. Where high traffic areas are unavoidable, the Ride Leader will instruct the group to ride in single file for the area of concern.

In accordance with the SSCC “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 modified due to other adverse weather conditions such as high winds, 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

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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. If they are unsure of a safe route back to the ride starting point, a Participant may request that another rider familiar with the roads accompany them.

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 reported as soon as possible to a Club Executive Member and reported to Ontario Cycling through the proper reporting procedures in accordance with the Emergency Response Procedure.

## **7. Skills Development**

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

The Ride Leaders will be trained on safe practices of club rides and will assist new members on skills development and tips to safely ride in the Club and in Group Rides.

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.