



## **Credit Valley Cycling Club Ride Guidelines**

### **1. It's Not a Race**

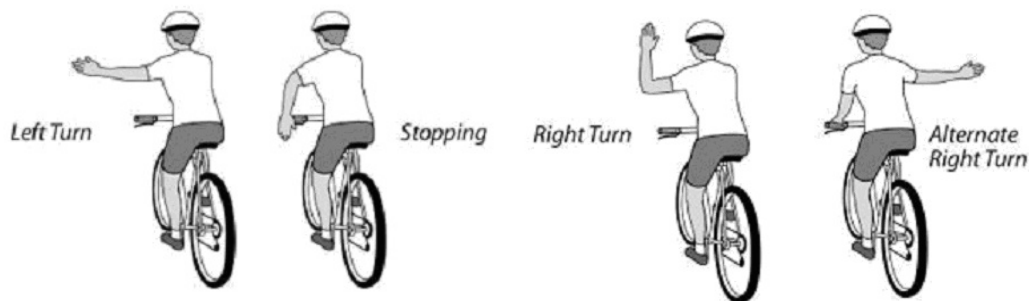
Group riding is NOT a competition, it's about participation.

- Obey the Ride Leader. They know the rules of the road
- Do not stay on a ride in which you don't feel comfortable
- Before leaving a ride, always advise the leader

### **2. Be Predictable**

The key to all group riding is to do things gradually and steadily. If you do anything sudden you will likely cause a crash.

- Group size should be no more than 12 riders. If more, split into two groups
- Keep a bike length between you and the rider ahead
- Try to ride at a constant speed
- Ride in a straight line
- Don't brake suddenly unless absolutely necessary
- To slow down, either stop pedaling or touch the brakes gradually, so as not to slow down too suddenly for the riders behind you
- Signal your intentions (see hand signals below)



- Ride formations: Double Paceline is efficient for motorists to pass, Single Paceline is for when the road is a busy thoroughfare, making it unsafe to use the double paceline

### **3. Communicate Hazards**

When you see an obstacle in the road ahead of you, put your hand down and give a signal that lets the riders behind you know which direction they should go to avoid it. Traditionally a quick wave of the hand will suffice. An obstacle worth pointing out is one that will damage a bike or person behind you. Some examples are: sand or gravel, railroad tracks, potholes or cracks in the road, stopping or slowing, animals or a vehicle situation.

### **4. Stay Alert**

Avoid the 'group mentality' - make your own decisions about when it is safe to cross an intersection, don't simply follow the person ahead of you.

- Be aware of where you are on your ride
- You are the eyes for the person behind you

## 5. Follow the Rules of the Road

Bicycles are defined as vehicles and are given the rights and responsibilities of vehicle operators. 'Rules of the road' offences apply to all vehicles.

- Obey all signs and traffic control signals
- Always watch for traffic signal changes and be prepared to stop if you are not yet in the intersection
- Stay in the bike lanes where marked
- Stay to the right on all roads and trails
- In urban areas where a curb lane is too narrow to share safely with a motorist, it is legal to take the whole lane by riding in the centre of it. On high-speed roads, it is not safe to take the whole lane.
- To move left in a lane, shoulder check, signal left and shoulder check again, then move to the centre of the lane when it is safe to do so.
- Lights are required within 30 minutes of dusk or dawn, also in poor visibility conditions. You should have a rear red light and a front white light.

## 6. Take Safety Precautions

- All riders MUST wear a helmet with the chin-strap fastened
- Always give right of way to pedestrians
- Gently warn cyclists or pedestrians ahead of you on trails (pass on the left)
- Ride at least one metre away from parked cars in case the driver's door suddenly opens. Keep to this line even if the vehicles are far apart to avoid continuous swerving
- When making an uncontrolled crossing, dismount and look both ways to ensure all is clear  
Watch for cars entering or exiting from driveways/laneways or turning into your path at intersections
- Pass safely on the left
- Don't look backwards
- No loose pant legs

## 7. Buses and Trucks

- Bus and truck drivers have large blind spots where they are unable to see passing vehicles, particularly bicycles. It is extremely important to stay out of the blind spots.
- Trucks and buses are wider than most passenger vehicles and occupy more space on the road, meaning cyclists should never share a lane with them.
- Always watch for trucks and buses that may make a right-hand turn in front of you. If you can see the eyes of the driver in their mirror, they can see you. Try to catch the driver's attention or stay well ahead of or well behind their vehicle.
- Position yourself in front or behind a truck near intersections.

## 8. Be Courteous

You are an ambassador of the cycling community.

- Share the road with other vehicles and cyclists of varying abilities
- Share the path with pedestrians: ride on the right pass on the left
- Help motorists to pass when safe to do so
- Show appreciation to thoughtful drivers with a wave or other positive gesture
- Call out when passing pedestrians or other cyclists

## **9. Weather Policy**

- In the event of rain, ride cancellation notice will be emailed, generally in the morning, after assessing the weather pattern for the time frame of the ride. Usually, the ride is cancelled if the forecast is higher than 30% chance of precipitation.
- If rain is encountered during a ride, the conditions are assessed by the ride leader at that time.

## **10. Group Dynamics**

- Since we only offer rides by distance, there are instances where some riders want to go hard at points along the route.
- Our routes can involve sections that allow the option for riders to break from the group and go fast.
- No one is left behind, and we ensure that all those participating in the ride regroup at various points along the route.

## **11. Accidents Do Happen**

- In the unfortunate event that an accident occurs, everyone in the group stops and positions themselves off the road
- Attend to anyone who is injured
- Call 911 if required
- The Ride Leader follows the procedure for assessing the scene, gathering details, witnesses and all pertinent information in order to properly complete the OCA Sport Injury Report Form. Photos of the scene are very useful

## **12. COVID-19 Actions**

- During COVID-19, it is necessary to implement COVID-19 safety measures/protocols, Credit Valley Cycling Club will follow the latest Return to Sport and Progressive Return to Cycling Guidelines of the Ontario Cycling Association. This can be found at <https://www.ontariocycling.org/covid-19-information/>. All members should familiarize themselves with these items prior to participating in any Credit Valley Cycling Club activity.

In addition, Credit Valley Cycling Club will also take further safety steps by;

- Having groups start from different locations
- Keeping group size to the number recommended by the OCA following Provincial guidelines
- Assessing individuals for possible COVID-19 exposure with some questions of recent whereabouts
- Maintaining social distancing at the starting points, during the rides, and at the end of the group rides

It is imperative that all members strictly adhere to the recommendations and any further safety protocols that the ride leader deems necessary.

**Have a good time and enjoy your rides!**