



KAWARTHA CYCLING CLUB RISK MANAGEMENT POLICIES

The Kawartha Cycling Club (KCC) is a volunteer based non-profit organization that focuses on all aspects of cycling and encourages member social interaction.

The KCC is committed to providing an environment where all individuals are treated with respect and dignity, can contribute fully, and have equal opportunities. Harassment or discrimination will not be tolerated, condoned or ignored. In cases where such a claim is proven, disciplinary measures will be applied, up to and including expulsion from the Club.

The KCC endeavours to make all rides as safe as possible. To help achieve this, the Club has developed the following rules of conduct that all riders are required to observe.

Membership

1. All riders must be a member of the KCC, another Ontario Cycling Association (OCA) affiliated club, or a Try-A-Ride participant who has completed the waiver form.
2. All CLUB members must complete the OCA waiver form (through the registration site or physical waiver) prior to obtaining membership. Physical waivers for participants under the age of 19 completed by a parent or legal guardian are required to be sent, by the CLUB, to the OCA office prior to membership approval.

Safety

3. Approved cycling helmets must be worn at all times while participating in any CLUB ride, and other protective equipment is strongly encouraged (e.g. gloves, eye wear).
4. All members must adhere to and obey all rules of the road as per the Highway Traffic Act (Ontario) during rides.
5. Each member will conduct themselves in a responsible manner and is accountable, and retains liability, for their own actions.
6. All members of the CLUB are responsible for bringing forward to the CLUB Executive any safety issues related to CLUB rides which present themselves

throughout the riding season.

7. Any CLUB member on a CLUB ride should immediately advise the Ride Coordinator(s) and others if that member feel the group or individuals in the group are riding in an unsafe manner. The member should withdraw from the ride if they feel unsafe.

8. The ultimate responsibility for safety rests with the individual member.

9. Riders who witness an incident involving injury and/or property damage involving a member of the ride are responsible for reporting the incident to the Ride Coordinator and/or CLUB Executive a.s.a.p.

10. The Ride Coordinator, in conjunction with the involved and witness riders, will report to the Club Executive any incident involving first- or third-party injuries and /or property damage. The Executive, once notified, will be responsible for ensuring an OCA accident report form is completed and filed in both Club records and the OCA.

11. Club rides will not run if lightening is present and will be cancelled if lightening is sighted.

12. Personal Listening Devices (mp3 players, iPods, Bluetooth ear buds, headphones, etc.) are not allowed on any KCC rides.

13. Front and rear lights are required during any CLUB ride which takes place one half hour before sunset and/or which may extend into darkness.

14. Club members are not to be under the influence of any drug or beverage product that could impair their riding judgment while on a CLUB ride.

Additional Member Responsibilities

15. Riders are responsible for ensuring that their bicycles are in good working order and carry appropriate repair supplies.

16. Riders are to ensure their own hydration and nutrition.

17. Riders should carry identification and emergency contact information.

18. Club members are responsible for ensuring they are sufficiently fit for their desired activity.

19. New or novice members should initially participate in the Wednesday evening casual ride before participating in more challenging and advanced rides.

Group Rides Specific Additional Policy

20. Ride routes will be selected to avoid busy and /or dangerous roads where possible.

21. The Club recommends at least one person in each ride group carry a cell phone in case of emergency.

22. All non-competitive events will have a designated Ride Coordinator. The Ride Coordinator may appoint a designate should the Ride Coordinator be unable to attend a CLUB ride. If the Ride Coordinator is unable to attend a specific ride, the Club recommends the group designate one of their number to act in this capacity before the ride begins. Each individual group on a CLUB ride may not have a coordinator.

23. Prior to each ride the designated Ride Coordinator should review the cycling route and address any concerns they have on this route. The Ride Coordinator has the

final decision on all matters pertaining to the CLUB ride and her/his decisions must be respected by all participants.

24. On relaxed touring rides, Ride Coordinators are encouraged to nominate an experienced cyclist as a "Sweep". The Sweep shall cycle last in the group and shall provide help and support to members as required.

25. While cycling on trails all riders must be courteous and considerate of other trail users.

26. When a large number of riders come out for any given ride, riders are encouraged to break into smaller groups of 6-12 riders. Groups should ride at least 100 metres apart on the road to allow safe passing.

27. Riders must not be left behind during a CLUB ride unless they first confirm with the ride coordinator(s) that they are detaching from the group: all members are responsible for ensuring they properly notify the ride coordinator(s) if they are detaching from the group.

28. KCC holds a great variety of events which should be suitable for most levels of riders. We do not expect new members to be expert cyclists, but we would like to encourage all members to develop their skills and emphasize that adherence to the safe riding practices outlined in this document is essential for all members.

Approved _____
Andrew Staneland, President

Revised Jan. 2017