

Key Excerpts from the Kawartha Cycling Club Risk Management Policy

Membership

All riders must be a member of the KCC or a guest participant who has completed the waiver form and agreed to this club policy.

Safety

Approved cycling helmets must always be worn while participating in any club ride, and all bicycles require a working bell or horn as required by law. Kawartha Cycling Club strongly recommends the use of additional protective equipment such as cycling gloves and protective eyewear.

All members must adhere to and obey all rules of the road as per the Highway Traffic Act (Ontario) during rides, including installing a white front light and rear red flashing light on their bicycle for any ride takes place one half hour before sunset, or which may extend into darkness or when visibility is poor. We strongly recommend the use of lights as above for all rides.

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.

Any member on a KCC ride should immediately advise the Ride Leader(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.

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 Leader and/or KCC Executive ASAP. The Ride Leader, in conjunction with the involved and witness riders, will report to the KCC Executive any incident involving first- or third-party injuries and /or property damage. The Executive, once notified, will be responsible for ensuring the Clubs accident report form is completed and filed with the KCC Safety Coordinator and the President.

All members of the KCC are responsible for bringing forward to the Executive any safety issues related to Club rides which present themselves throughout the riding season.

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

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

The ultimate responsibility for safety rests with the individual member. Each member will conduct themselves in a responsible manner and is accountable, and retains liability, for their own actions.

Additional Rider Responsibilities

Riders are responsible for ensuring that their bicycles are in good working order.

Members are responsible for ensuring they are sufficiently fit for their desired activity. New or novice members should initially participate in the Monday Gravel/trail ride or the Thursday casual ride before participating in more challenging and advanced rides.

Riders are required to carry a minimum repair kit consisting of:

- A. Spare tube of the appropriate size for your bicycle
- B. Tube patch kit
- C. Tire levers
- D. Frame style air pump, mini pump, or CO2 cartridge inflator
- E. An all-in-one multi tool
- F. Emergency money
- G. Identification and emergency contact information

The following items are at riders' discretion but are strongly recommended:

- D. Cell phone
- E. Mini first aid kit
- F. Hydration and nutrition supplies

Group Rides Specific Additional Policy

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

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

Ride routes will be selected to avoid busy and /or dangerous roads where possible. Prior to each ride the designated Ride Leader should review the cycling route, cover the safety topic, and address any concerns they have on this route. The Ride Leader has the final decision on all matters pertaining to the KCC ride and her/his decisions must be respected by all participants.

On relaxed touring rides, Ride Leaders 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.

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

When many riders come out for any given ride, riders are encouraged to break into smaller groups of 6-12 riders or as dictated by COVID restrictions. Groups should ride at least 100 meters apart on the road to allow safe passing.

Riders must not be left behind during a KCC 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 leader(s) if they are detaching from the group.

The Club 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.