



KCC Cyclist Guidelines

Rider health issues guidelines for all participants and ride leaders

- 1 If a cyclist experiences health related issues (such as heat stroke, exhaustion, dehydration, heart issues) during a ride please follow these guidelines:
 - a. Immediately assist the individual with cooling and refreshment.
 - b. The individual terminates their ride and the decision to call 911 is determined by the individual or the ride leader in consultation with other participants.
 - c. One member of the participants leaves the ride to secure transportation to pick up the individual,
 - d. If possible two cycling participants stay with the individual until help arrives or a vehicle arrives to pick them up with their bike.
 - e. Encourage the individual to have a medical check up before joining another ride.
- 2 If the cyclist experiences a fall with significant injury including possible concussion.
 - a. Immediately assist by administering first aide
 - b. Determine ability for the individual to continue the ride.
 - c. If a possible concussion the individual terminates the ride and the Ontario Cycling concussion [policy](#) goes into effect.
 - d. If the individual's ride is terminated follow the steps 1 (a, b, c, and e) above.

Rider guidelines for information and items to have with you on a ride.

- 1 Personal information to carry with you on all rides.
 - a. Contact information including emergency contact information.
 - b. Your health card or a copy
 - c. A list of your prescription medications and a list of non-prescription supplements taken on a regular basis.
 - d. A list of any allergies that could impact treatment.
- 2 Additional suggested medical supplies to carry.
 - a. If you are allergic to bites, for example, carry antihistamine medication
 - i. Suggest we all carry a supply for our fellow riders as well.
 - b. If you have severe allergies an epi pen may be required
 - c. A small supply of baby aspirin
 - d. Minor first aid supplies.
- 3 Cell phone and cash

Rider guidelines for repair supplies

- 1 Tire repair
 - a. Spare tube suitable for you tire size.
 - b. Small repair kit to fix a puncture.
 - c. Tire levels
 - d. Bicycle pump.
- 2 Bike repair.
 - a. A multitool
 - i. Including chain repair capability with spare link
 - b. Small Phillips screwdriver
 - c. Allen wrench to remove wheels (if not quick release)
 - d. Latex gloves