

# ***Speed River Cycling Club***

## **RISK MANAGEMENT PLAN**

The following risk management plan documents how club activities are to be managed. These policies are to be practiced by club members, and visiting riders from other OCA/CCA/UCI affiliated clubs, during every club ride.

- Bike helmets shall be worn at all times.
- Eyewear and gloves are strongly encouraged.
- Riders must adhere to and obey all rules of the road as per the Highway Traffic Act (Ontario).
- Riders are responsible for ensuring they are sufficiently fit for the activity they are to participate in.
- Riders are responsible for ensuring that their bicycle is in good working order.
- Riders are to ensure they have adequate supply of water, sports drink, and nutritional supplements, as required, for the activity they are to participate in.
- During "night rides" both front and rear lights are required.
- While trail riding be courteous to other trail users, and alert them of your presence before passing.

Before each club ride the designated ride coordinator will make a pre-ride announcement reminding riders of the above policies.

All accidents shall be reported to a Board Member for reporting to the OCA, and recorded on the accident report forms provided by the OCA.