

Speed River Cycling Club

RISK MANAGEMENT PLAN

COVID-19: Due to ongoing COVID restrictions club rides are functioning at reduced capacity and with additional constraints. Provincial Health guidelines and OCA Return to Sport guidelines must be followed. Please refer to those guidelines for physical distancing, and mask/PPE requirements. To participate in a club ride members **MUST** sign-up in advance. The sign-up sheet will indicate the number of riders permitted on that ride. Please refer to the ride calendar for availability of rides.

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.
- Club rides are open to all club members.
- Prospective members may participate in one Try-A-Ride each year.
- Riders must adhere to and obey all rules of the road as per the Highway Traffic Act (Ontario).
- Riders must never cross the yellow line.
- 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.
- Lights are required for rides scheduled to end after dusk.
- Eyewear and gloves are strongly encouraged.
- All riders are required to follow all clubs policies and the Code of Conduct
- In case of an emergency, the designated Ride Leader will follow the steps in the Club's Emergency Action Plan

Before each club ride the designated Ride Leader will make a pre-ride announcement reminding riders of the above policies, and ensure there is access to a cell phone during the club ride.

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.

Club members are encouraged to review the General Ride Information and Safety & Skill information available on the club website.

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REVISION HISTORY

The revisions to this document shall be recorded below.

<u>Rev. No.</u>	<u>Date</u>	<u>By</u>	<u>Changes</u>
0	Mar. 4, 2004	S.Head	--
1	Apr. 14, 2004	S.Head	Logo updated.
2	Feb. 3, 2005	S.Head	Minor reformatting.
3	Jan. 3, 2006	S.Head	Reference to ride leader changed to ride coordinator.
4	Dec. 4, 2015	S.Head	Reference to try-a-rides, ride and safety information on website added. Yellow line restrictions and need for lights after dusk added. Reference to night rides and trail riding removed. Access to cell phone added.
5	Mar. 30, 2019	S.Head	Update to add reference to club policies, code of conduct, and emergency action plan. Reference to ride coordinator changed to ride leader.
6	Feb. 14, 2021	S.Head	COVID requirements added.