



HALIBURTON REAL EASY RYDERS RISK MANAGEMENT POLICIES

INTRODUCTION

The Haliburton Real Easy Ryders is a volunteer based, non-profit organization that focuses on recreational group cycling and encourages social interaction amongst Club members.

The Club endeavours to make all rides as safe as possible and to help achieve this, the Club has developed Risk Management Policies which define the Club's position as it relates to safety.

SAFE RIDING POLICIES

1. All members must wear a proper fitting and approved cycling helmet whenever cycling on a Club ride. The Trail Captains and/or a Director, shall refuse to allow any member to participate if they do not have a helmet.
2. All members must obey the Highway Traffic Act and agree to cycle in a safe, responsible and courteous manner at all times. It is strongly recommended that all bicycles have a bell or horn, mirror and reflective tape.
3. Due to the risk associated with the use of any electronic device, i.e. cell phone, MP3 player, iPod, etc., while cycling, the use of any such device is prohibited when cycling on a Club ride.
4. All members are responsible for ensuring that their bicycles are in proper and safe working order.
5. Members shall remove themselves if they sense or know that their continued participation in a ride puts them and/or anyone else at risk.
6. Trail Captains and/or a Director, are encouraged to share safe cycling practices with other members before or during a ride.
7. All members are encouraged to carry personal identification, OCA Membership Card and emergency contact information.
8. Trail Captains will arrange for an experienced cyclist to be near the front of each group to ensure that everyone follows the correct route and also for someone to be near the back in case of emergency. It is difficult to assist riders who choose to ride ahead of the group or do not follow the designated route. Therefore, all riders are strongly encouraged to stay with their group and not ride alone.

9. Prior to each ride, Trail Captains and/or a Director, will inform members of the suggested route(s) and plans for the ride. On our spring and fall “out of town” trips, maps and written directions will be provided and reviewed orally prior to each ride.
10. Members assume full responsibility for their own safety on each and every ride.
11. Whenever possible, at least one person in each group should carry a cell phone on each ride in case of emergency.
12. Members are encouraged to use the “buddy” system at all times.
13. Accidents or serious illness must be reported immediately to a Director in attendance on each ride. Where treatment is required, the approved Sport Injury Report Form shall be completed by a member of the Board and submitted as soon as possible to the President of the club. The President shall submit the form to the Ontario Cycling Association. In addition, the Membership Co-Ordinator shall provide to all Directors, an Emergency Contact List on an annual basis.

Revised October 2011