



CYCLING

Cycling is a suitable activity for participants 8 years of age or older. Cycling is to take place on paved surfaces (e.g. sidewalks, bike paths, roads).

Prior to the activity or game, the Program Leader is to assess the skills of the participants relating to the activity or game. Where a participant does not demonstrate a safe knowledge of the skills, the Program Leader must demonstrate proper execution of the skills or choose a different activity or game.

EQUIPMENT

- A fully stocked first aid kit is readily accessible.
- A working communication device (e.g. cell phone) is accessible.
- Determine that all equipment is safe for use.

WHEN PARTICIPANT-OWNED, BORROWED OR RENTED BICYCLES ARE BEING USED:

- Equipment must conform to local bylaws,
- The participants inspect their bikes for working brakes and properly inflated tires,
- Bicycle size is appropriate for the rider,
- A properly fitting bicycle helmet certified by a recognized safety standards association (e.g. CSA, CSPC, Snell, ASTM, BSI, AS) is worn.
- The Program Leader is to carry:
 - A bicycle tool kit,
 - A pump,
 - A signaling device (e.g. whistle),
 - A first aid kit.

CLOTHING/FOOTWEAR

- All participants must wear appropriate athletic footwear (e.g. running shoes with a flat rubber sole that is secured to the foot). Running shoes with higher heels, wheels, rubber, plastic, metal cleats, open toes, or open heels are not appropriate.
- Clothing is not to encumber the proper use of the bicycle chain.
- Clothing is to be adequate for outdoor activity.
- Hanging jewelry is not permitted.

FACILITIES

- Determine that all facilities are safe for use.
- Choose routes carefully giving consideration to the road surface, distance, steepness of slopes, frequency of traffic, complexity of intersections and railway crossings.



- Prior to initial use of the route, the Program Leader is to do a safety ride-through to verify safety and suitability.
- Information about the route, identified hazards, and how to minimize these hazards, is to be communicated to participants prior to the start of the activity.

▶ SPECIAL RULES/INSTRUCTIONS

- Participants with medical conditions and/or physical limitations have been identified with appropriate accommodations being implemented for their safe participation.
- An emergency action plan is ready for implementation in case of an accident or injury.
- Prior to the activity participants have been informed of:
 - Possible risks associated with the activity,
 - Ways of managing the risks,
 - Established rules and procedures for safe participation.
- A pre-activity warm up and a post-activity cool down are included with the activity.
- Adequate liquid replacement is accessible for the participants.
- If more than one activity is going on, determine that there is a safe distance between the activities.
- Parents/guardians are aware of any off-site activity and the means of transportation used.

OUTDOOR ACTIVITY | WEATHER CONDITIONS:

- Know the emergency response to severe weather conditions (e.g. lightning, tornadoes) and provide appropriate instruction to the participants.
- Before activity take into consideration:
 - The temperature of the day,
 - The length of time participants will be vigorously active.
- Participants are to be made aware of ways to protect themselves from:
 - UV rays (e.g. hats, sunglasses, sunscreen),
 - Insects (e.g. mosquitoes repellent).

SPECIFIC CYCLING SAFETY CRITERIA:

- Parents/guardians are to be informed that cycling will take participants off site.
- The rules of the Highway Traffic Act are to be reviewed and followed. This includes group riding protocol. Refer to the relevant provincial guidelines (e.g. <http://www.mto.gov.on.ca/english/pubs>).
- Cycling excursions are to be planned for daylight hours.
- Instruction is to be given on the proper position of a bicycle helmet (i.e. "2-V-1" rule: 2 fingers fit between the bottom of the helmet and the eyebrow, the strap forms a "V" around the bottom of the ears, 1 finger fits between the chin strap and the chin).
- Participants are to demonstrate competency in stopping, changing gears, turning, signaling and passing before participating in any cycling activities.
- Emphasis should be placed on controlled riding.
- A record of participants and the route is to be left at the site with an appropriate person.
- Use an appropriate grouping system (e.g. the buddy system).
- Cycling for participants aged 8 to 10 should take place in a location away from all street traffic (e.g. parks, bicycle paths).



- Audio devices (e.g. MP3 players) are not permitted.
- The Program Leader is to be aware of the weather forecast for the day.
- Cycling activities are to be cancelled in adverse conditions (e.g. thunderstorms).
- Racing is not performed as an activity.
- The Program Leader is to develop an emergency procedure in case of accident or injury.
- Prior to activity, participants are to be instructed on the emergency procedure in case of an accident or injury (e.g. any sign of difficulty, dismount and walk the bike until it is safe to resume riding).
- Instruct participants to keep a safe distance from each other (e.g. 2-3m) to prevent interference or tripping one another.

▶ SUPERVISION

IN-THE-AREA SUPERVISION IS REQUIRED

- Program Leader is in the vicinity of the activity site but for brief periods of time visual contact with the participants is not available. The Program Leader informs participants of his/her location.
- Program Leader meets the criteria for effective in-the-area supervision (refer to the Resource Materials Section: Appendix B – Supervision).
- 2 adult Program Leaders are required in all cycling situations. One leader stays at the back of the pack and one at the front.

RATIO OF SUPERVISOR TO PARTICIPANTS:

- Ages 8 = 1:6
- Ages 9 – 12 = 1:10
- One Program Leader is to take responsibility for administering first aid to an injured participant while the other is present for the duration of the activity.