

Milton Revolution Cycling Club Risk Management Plan

Definitions

Milton Revolution Cycling Club shall henceforth be referred to as MRCC

Ride means any event or program where the riding of bicycles is the main focus.

Club Rides mean rides formally organized by the MRCC and as described on the MRCC website. Rides not listed on the MRCC website or in other official documents are not MRCC rides.

The Cycling Canada (CC) Insurance

MRCC annually purchases General Liability Insurance coverage through Cycling Canada for each MRCC member. General Liability Insurance is designed to protect a person (member) or any entity (PSO, NSO, Club) against any legal responsibility arising out of a negligent act or failure to act as a prudent person would have acted, which results in bodily injury or property damage to another party. MRCC members should familiarize themselves with the terms of the insurance coverage. The coverage details may be accessed through the Cyclinginsurance.ca website.

Each Member must buy into this program through their purchase of either an OCA issued Associate Club Membership (ACM), Citizen's Permit, or UCI Licence. Through the purchase of this insurance, all members must fill out the online waiver provided by the Ontario Cycling Association (OCA)

Standards of Care

This Risk Management Plan and all MRCC programs and rides shall adhere to the following, as applicable:

- UCI, CCA, CC rules and regulations as they pertain to MRCC Rides.
- Provincial Highway Traffic Acts across Canada while on MRCC Rides, all MRCC members must adhere to and obey all rules of the road per the Provincial Highway Traffic Act.
- The rules and regulations of the Mattamy National Cycling Centre when participating in events or programs run by the facility

Risk Management

General:

- All members of the MRCC are responsible for bringing forward to the MRCC Board any safety issues related to MRCC Rides or the MRCC Programs which present themselves throughout the riding season.
- While on MRCC Rides, all MRCC members must adhere to and obey all rules of the road as per the Provincial Highway Traffic Acts.
- Any MRCC member on a MRCC Ride/Program should immediately advise the coordinator(s) and other members should the member feel the group or individuals in the group are riding in an unsafe manner. The member should withdraw from the ride if they feel unsafe.

- All participants of the MRCC Rides must provide proof of membership in good standing prior to each ride, if requested by the ride coordinator. If an ineligible rider insists on participating even after being asked not to, then the MRCC ride may proceed, however, the ride coordinator shall advise the ineligible rider, with a witness present, that he or she is ineligible and is not covered by any MRCC insurance and is responsible for all his/ her actions.
- Each MRCC Ride participant will conduct themselves in a responsible manner and retains liability for their own actions.

Safety

- Helmets must be worn at all times on MRCC rides. Clubs are expected to operate both competitive and non-competitive events according to their established risk management procedures designed to reduce the possibility of accidents. All participants need to be informed that the ultimate responsibility for safety rests with the individuals.

Ride Coordinators

- A ride coordinator(s) will be appointed by the MRCC Board for each MRCC Ride. The ride coordinator will identify himself/herself to the group so that everyone is aware of who is coordinating the ride. The ride coordinator may describe the general ride route, and may provide a brief safety tip at the commencement of the ride. Each individual group on a MRCC Ride may not have a coordinator.
- The ride coordinator(s) has the final decision on all matters pertaining to the MRCC Ride and his/her decisions must be respected by all participants. The rider coordinator may appoint a designate should the ride coordinator be unable to attend a MRCC Ride.
- Ride coordinators will carry cell phones for emergency use on all MRCC Rides and, from time to time, will remind riders to carry their own cell phones on MRCC Rides. Riders should immediately call 911 in the event of an emergency.

Rides

- MRCC Rides on roads will be planned to use lesser- traveled roads where possible and practical.
- MRCC Rides will follow the OCA lightning policy where practical
- Recommended group sizes shall be 16 or fewer. Large groups shall be avoided when conducting rides on open roads.
- Riders must not be left behind during an MRCC ride unless they first confirm with the ride coordinator(s) that they are detaching from the group; all members of the MRCC Ride are responsible for ensuring they properly notify the ride coordinator(s) if they are detaching from the group.
- MRCC members are responsible for ensuring that their bicycle is in good working order before attending each MRCC Ride.

- Bicycle helmets must be worn at all times while participating in any MRCC ride and other protective equipment is strongly encouraged (e.g., gloves, eye wear).
- Front and rear lights are required during any MRCC Ride which takes place one half hour before sunset and/ or which may extend into darkness.
- While trail riding all riders must be courteous and considerate of other trail users and the trail system.
- MRCC members are responsible for ensuring they are sufficiently fit for their desired activity.
- MRCC members are responsible for bringing sufficient liquids and food, as required, for each MRCC ride, as well as appropriate tools/ spare tubes, etc.
- MRCC members are not to be under the influence of any drug or beverage product that could impair their riding judgment while on a MRCC ride.
- Any and every accident on a MRCC Ride shall be immediately reported to a MRCC Board member to be reported to the OCA through the proper reporting procedures and forms provided by the OCA. The list of Board members can be found on the MRCC website.
- For non-MRCC riders wishing to try-out a MRCC Ride, proof of OCA membership will be required. (Citizen Permit, UCI or Affiliate Club Membership).

Spin Studio

- Every session will have a designated ride leader and a backup supervisor
- All riders are required to bring their own bikes and must ensure proper mechanical condition before use. It is recommended that the rear tire be a trainer tire to minimize noise and wear.
- All riders must ensure that their bikes are properly attached to the trainers and that a ride leader has checked their setup
- All riders should dress appropriately for the temperature of the studio and should have their own towel, water bottles, etc.
- Riders are not allowed to rider their bikes around the floor area of the studio under any circumstances
- The floor area is a slippery tile so caution must be taken when walking in cycling shoes with cleats and absolutely no running is permitted.
- If there are any mechanical or medical problems during the ride, report them to the ride leader immediately and they will be addressed

Skills Development

- The MRCC encourages all riders to be comfortable and proficient with group riding before joining a MRCC ride.
- To support rider skills development, the MRCC will periodically hold skills development programs for road riding and/ or track cycling and encourages all MRCC members to attend these programs and / or other cycling skills courses.
- Riders may be requested to complete a skills development program before attending or continuing to attend regular scheduled MRCC rides. This applies for both road and track MRCC rides.
- New or novice member are encouraged to participate in the Learn to Ride programs offered by the MRCC before participating in more challenging or technically advanced rides.

Waivers

- a. All MRCC members must complete the Provincial/Cycling Canada waiver prior to obtaining membership. This can be done through the provincial membership registration site. Physical waivers for participants under the age of 19 are required to be sent in to the OCA office, completed by a parent or legal guardian prior to membership being issued.
- b. Do not alter the waiver in any way, specifically the language or spacing. Paper waivers must be submitted on the appropriate sized paper (8.5 X 11)
- c. Club members under the age of 18 when joining the MRCC must have an adult (18 years or older) complete the waivers. It can be signed by someone other than the parent or legal guardian but they may find themselves in an awkward position in the event of litigation, since they are accepting responsibility for the youth's participation.
- d. Waivers will be stored at the Provincial office for a minimum of 7 years, to ensure that they can be accessed if legal action is taken against the MRCC. Waivers are crucial in defending the MRCC and the Provincial Association and Cycling Canada during litigation.
- e. Failure to obtain waivers from all members of the club will place the clubs insurance coverage at risk.