



RA Ski Club
Guidelines for Bicycle Trips

All participants on bicycle outings are expected to know and obey the rules of the road and all road signs and signals.

General safety recommendations:

- It is mandatory for all participants under the age of 18 to wear bicycle helmets.
- It is **highly recommended** that all participants aged 18 and over *also* wear bicycle helmets.
- Riders should:
 - ride single file on the right-hand side of the road in the direction of traffic flow;
 - leave plenty of room between riders, so that they are able to react safely to unexpected conditions or events;
 - use sharp braking **ONLY** in emergencies;
 - maintain a safe distance from the curb, shoulder, pedestrians and parked vehicles;
 - only pass when it is completely safe to do so;
 - let other riders know when you are passing them;
 - avoid passing on the right;
 - use extra caution when entering or leaving the roadway;
 - signal their intent to turn, slow down or stop in sufficient time for other riders to react;
 - constantly monitor the environment on all sides for hazards or danger;
 - be considerate of other riders in the group. If the entire group doesn't make it through a stoplight before it turns red, slow down to wait up for those who didn't make it through. This will also encourage lawful behaviour, in that riders won't feel so pressured to run a red light if they know the group is going to wait up for them.

Courtesy:

- Arrive at the meeting place on time, ensure that you sign-in with the trip leader and leave an emergency contact name and number.
- Ensure that you, your bike and other equipment are ready to ride when you reach the starting point of the trip.
- Usually, it will be acceptable to ride ahead of the group, however, riders must ensure that they advise the trip leader that they are doing so, that they know where the next regrouping point is, and that they go to that point and wait for the rest of the group to catch up.
- Ensure that you notify the trip leader if you depart earlier than the end of the trip.

Trip leaders may ask participants to leave the trip if they are behaving in a manner that endangers themselves or others.

The following is an excerpt from the Ontario Ministry of Transportation's *Young Cyclist's Guide*

These are the rules of the Road

The rules of the road are in a law called the *Highway Traffic Act* (HTA). Below are *some* of the important rules cyclists should know:

1. A bicycle is a vehicle and as a cyclist, you have the same rights and responsibilities as other road users.
2. You must stop at red lights and stop signs, and travel in the designated direction on one way streets.
3. A bicycle is a slow vehicle and must travel as far to the right as practicable, except when preparing for a left turn or passing. Ride out from the curb far enough to maintain a straight-line path.
4. You may use any part of a lane if your safety requires it. Never compromise your safety for the convenience of a motorist behind you.
5. Stop for pedestrians at crosswalks, and walk your bike across crosswalks.
6. Stop for school buses when the upper red lights are flashing and the stop arm is out.
7. You cannot attach yourself to a vehicle to hitch a ride.
8. You cannot cycle on expressways or freeways, or on roads where "No Bicycle" signs are posted.
9. Cyclists must identify themselves when stopped by the police for breaking traffic laws. You must give the officer your correct name and address.

Off-Road rules of the Trail

- Leave no trace. Ride on open trails only.
- Plan ahead. Be prepared for breakdowns. Take enough food and water.
- Wear a helmet. Control your bicycle.
- Always yield to hikers and horse riders.
- Never spook animals.
- Be friendly to everyone. Lend a hand.