

CYCLING PROGRAM

SAFE RIDING | A QUICK GUIDE

Ride leaders and sweeps are not responsible for the competence or conduct of individual riders. All ride participants are encouraged to observe proper cycling etiquette as follows:

- 1. Be ready**—choose rides within your ability. Register at the start. Be punctual, with helmet and bike in good condition, and with spare tube, patch kit, tools, pump; be willing to ride on public roads and bike paths including gravel paving.
- 2. Be conspicuous** with appropriate high visibility clothing; use lights.
- 3. Obey the law**—comply with BC Motor Vehicle Act (see. www.bikesense.bc.ca); be responsible for safety of self and other road users and pedestrians; ride on right; use single file on public roads; look for yourself at intersections.
- 4. Be predictable**—when passing on left (bell, voice); do not pass on right; use hand signals; move well off the road or trail when stopping.
- 5. Think ahead**—anticipate other road users, look out for and warn others of hazards (doors, potholes, debris); cross rail tracks and kerbs at right angles.
- 6. Be prepared**—carry ID and funds, water, and snacks; carry a working cell phone with contact numbers of leader and sweep.
- 7. Be cool**—road rage benefits no one.
- 8. Leave nobody behind.** Notify leader and/or sweep if joining ride other than at start or leaving before end of ride. Notify leader/sweep if someone is missing on ride. Riding significantly ahead of leader means leaving the ride.
- 9. Remember the priorities:**
 - Safety
 - Courtesy
 - Obey the law