

MBRC Club Events – Risk Management Plan

Preamble

- Club rides are intended to encourage camaraderie and be enjoyable for all participants; they may be challenging at times, but must support all riders as their primary goal.
- Every club member has a “duty of care” to every other member.
- It is every members responsibility to ensure their fellow rider is taken care of.
- It is every members responsibility to ensure they are prepared for common mechanical problems and are self sufficient.
- We represent the club and our sponsors at all times.
- The following risk management plan documents how official club activities are to be managed.
- These policies are to be followed by club members and visiting riders from other OCA affiliated clubs during every club ride.
- This document will be distributed to members upon joining the club and made available on the club's website.

Risk Management Plan

- All participants must wear a helmet on club rides.
- All participants are not to be under the influence of any drug or beverage product that could impair their riding judgement while on a club ride.
- All participants are responsible for ensuring that their bicycle is in good working order.
- All participants must be OCA members.
- A ride leader(s) will be appointed by the executive for each club ride.
- All rides will conform with Ontario Government and Public Health Unit recommendations and the OCA’s Progressive Return to Cycling Guidelines.
- All club rides will be posted on the club forum and will include a maximum rider limit based on the most recent Ontario Cycling Association Return to Sport Update and the local Public Health Unit(s) guidelines for max gathering sizes.
- All riders must register their intention to join a ride on the club forum.
- Only riders that have registered will be permitted to participate in the ride.
- Before, after and during any extended stop on a club ride participants will conform to local Public Health Unit(s) guidelines in relation to the wearing of PPE and/or physical distancing.
- The ride route will be determined ahead of time on the club forum or by the ride leader(s) at the start of the ride.
- The ride leader(s) has the final decision on all matters pertaining to the ride and his/her decisions must be respected by all participants. The ride leader may appoint a designate should the ride leader be unable to attend a ride.
- Ride leaders will carry cell phones for emergency use on all rides.
- If a large number of riders come out for a club ride, the riders will be encouraged by the ride leader(s) to break into smaller groups of less than 25 riders. Groups should leave sufficient space between them to allow other vehicles to pass safely in two manoeuvres.

- If lightning is sighted in the immediate vicinity during a ride it will be cancelled or delayed.
- If for any reason a route change needs to be made once the ride commences, the ride leader will announce the change.
- All participants must follow all applicable Highway Traffic Act regulations.
- Lead riders should caution following riders of traffic and road hazards – this should be done through verbal and non-verbal methods.
- Following riders should repeat any instructions by lead riders so riders at the back of the group are notified.
- Participants should ensure they are capable of riding at the expected pace and distance of the ride.
- If a participant is leaving the ride, they should ensure the group is aware by notifying the ride leader or at least one other participant. This information should be relayed to the ride leader as soon as possible.
- On Club Rides:
 - Riders should be accounted for after challenging ride efforts and periodically throughout the ride.
 - If riders are dropped on harder sections, the lead group should slow and stronger riders should try to help dropped riders regain the group.
 - If the dropped riders do not regain the group quickly, the lead group should stop at regroup points and wait for them to re-attach.
- On Training Rides:
 - Dropped riders should attempt to reconnect with the group but should not expect the group to wait.

Emergency Procedures

In the event of an emergency the following procedures should be followed:

- Assess the situation to determine the extent of any injuries.
- If required call for assistance or send two people to get help. After obtaining help they should return to the group. The rest of the group should stay with the injured individual(s).
- Perform first aid and make the situation safe as necessary.
- If the situation warrants, take the injured individual(s) to the closest hospital and have someone stay with them to assist where necessary.
- If a club executive member is not present, contact one to inform them about the situation.
- Complete an OCA accident report form the same day and submit it to the club president.
- After all details are confirmed and a follow-up has been completed, the president will inform the OCA and will send a copy of the accident report form.