

WATERLOO COUNTY WANDERERS – RISK MANAGEMENT PLAN

1. All Club members must wear a proper, good condition and well fitting helmet or they are not permitted to ride.
2. All bicycles must meet Highway traffic act requirements, such as a bell, reflectors, proper brakes, headlight etc.
3. Riders must carry a flashing red taillight, or clip on light for dusk or rain riding.
4. Riders are strongly encouraged verbally, by example and through the Club Newsletter to carry and use rear view mirrors as well as always doing an “ over the shoulder visual check” when overtaking another cyclist, a stopped vehicle, when changing lanes etc.
5. Rules of the road are explained and stressed for all members, such as single file riding, proper hand signals, bell use when passing pedestrians, verbal warning when overtaking another cyclist, care when riding past parked vehicles etc.
6. All club rides are, to the maximum extent possible, planned to avoid strong urban traffic concentrations so as to minimize potential problems.
7. Routes are, as much as possible, designed for clockwise travel to reduce intersection crossings and utilize as many right hand turns as possible.
8. Routes are driven or “ride tested” each spring to check for potential hazards and, if any are found, route changes to improve safety are made.
9. The club regularly negotiates member discounts with local cycling stores for bicycle maintenance and uses the Newsletter to encourage riders to obtain regular, professional servicing of their bicycles.
10. The Newsletter regularly features articles by experienced riders on road safety, signaling, hot weather riding, cycling clothing, etc. to assist in educating riders and improve their riding, personal comfort and safety skills.
11. New riders are provided with maps for both shorter, simple routes and also instruction and coaching until proficiency is shown. Experienced riders accompany new riders if required.
12. Experienced riders are encouraged to participate in Can-Bike Leader training.
13. Periodic First Aid and CPR courses are offered to interested riders.
14. Three routes are presented each ride for short, intermediate and long rides so that cyclists can tailor their activities to their individual skill and fitness levels and avoid fatigue or temperature related problems.