

Bike Depot Cycling Club

Ride Guidelines for Road Activities

-Follow the rules of the road

- We comply with the Ontario Highway Traffic Act
- Stop at all red lights
- Signal our intentions
- Ride on the right, pass on the left

-Personal safety

- Helmets mandatory on all rides. Check inside of helmet for expiry date
- Make sure your bike is well maintained
- Front and rear lights required within 30 minutes of dawn and dusk, and in other low-visibility conditions
- Eyewear (ie. sunglasses) and cycling gloves strongly encouraged
- No headphones or earbuds
- Join the appropriate ride activity and pace group for your level of fitness/experience
- Do not stay in a ride if you feel unsafe. Make sure to tell the ride coordinator before you go

-Be prepared

- Arrive on time
- Familiarize yourself with the route (posted beforehand on the BDCC website)
- Bring your own:
 - Water, nutrition
 - Flat repair kit (spare tube, hand pump, tire levers)
 - Cell phone, ID, money
 - Club membership card
- Inflate your tires before leaving home

-Ride coordinators

- Obey the ride coordinator
- Inform the ride coordinator if you have any safety concerns during the ride
- If you intend to leave the ride, let the ride coordinator know before you detach

-Communication while riding

- Use hand signals and voices to communicate. The ride coordinator will review these signals prior to starting each ride
- Point out hazards such as potholes or loose gravel so that riders following behind stay safe
- Call out, "Car back!" "Car up!" "Car left!" or "Car right!" if there is a vehicle approaching the group
- If unable to use hand signals when coming to a stop, call out "Stopping!" or "Slowing!"

-Ride formation

- Small groups (6-12 riders)
- Double paceline
 - Two-by-two, handlebar to handlebar
 - Align your front wheel directly behind the rear wheel of the rider in front of you
 - No half-wheeling! Don't overlap your front wheel beside the rear wheel of the rider in front
 - Riders remain in tight formation so that vehicles can pass us safely
 - Ride coordinator will instruct the group to form a single paceline when conditions require, ie. narrow/busy roads, to allow a vehicle to pass
- Rotate in a clockwise motion
 - Front-most rider on the right side of the double paceline motions to rotate
 - Front-most rider on the left side of the double paceline accelerates slightly to pull ahead
 - When it is clear, front-most rider on the left shifts over to lead the right side of the paceline
 - Left side of the paceline moves up to fill the gap
 - Right side of the paceline eases back, and the tailing rider on the right side shifts over to tail the left side once the way is clear
 - The group continues to rotate in this manner
 - This allows each rider a turn at the front of the pack

-Cycling etiquette

- Share the road courteously with other vehicles
- Call out, "On the left!" before passing slower-moving cyclists or pedestrians
- It is everyone's responsibility to keep the pack together
 - Wait at the top of a climb if tailing riders need to catch up
 - Call out, "Pace!" if you see that the pack is beginning to separate. Riders at the front should ease up a bit and riders at the back should make an effort to move forward so that the group re-forms
 - Do not surge ahead of the group when it is your turn at the front of the paceline
 - Do not let a struggling rider fall off the back of the paceline
 - Call to the group to ease up
OR
 - Ask if the rider is comfortable riding alone/joining the following pace group
OR
 - Let the ride coordinator know you both will drop off the pack and finish the ride together

-Mechanicals or flats

- The whole group stops until the issue is fixed, or the rider says to carry on
- Great opportunity to practice using the flat repair kit you made sure to bring!

-Accidents

- The whole group stops
- Tend to any injuries, call 911 if necessary
- Ride coordinator to document accident and report to Club board members and OCA

-Weather policy

- Ride coordinator will monitor the weather forecast
- In case of rain, lightning or otherwise unsafe riding weather, the ride coordinator will cancel the ride
- Ride cancellations will be posted with as much advance notice as possible on the BDCC ride calendar and social media accounts
- BDCC club members who choose to ride even if a ride is cancelled do so at their own risk

-Membership

- You **must** be a registered BDCC member to participate in BDCC group rides
- Those interested in trying out a BDCC ride may only do so during a designated BDCC try-out event (see BDCC calendar). Limit of one try-out event per rider
- Other OCA-affiliated riders or visiting riders with affiliations in other provinces may contact BDCC for approval to join a BDCC group ride as a guest. Conditions apply. Approval is at BDCC discretion

-Have fun!