

## Risk Management Plan

### Brief

Cycling can be a dangerous activity. AUTOBUS | CYCLING CLUB has developed this Risk Management Plan to document how rides are to be managed to reduce risks associated with cycling activities. These policies are to be practiced by AUTOBUS | CYCLING CLUB members, and any permitted visiting riders as permitted by Ontario Cycling Association rules, during every AUTOBUS | CYCLING CLUB ride.

All AUTOBUS | CYCLING CLUB riders and guests share the responsibility of making each and every ride safe.

AUTOBUS | CYCLING CLUB members shall receive a copy, electronic or otherwise of this Risk Management Plan and a copy shall be available on the AUTOBUS | CYCLING CLUB website at: [Autobus | Cycling Club](#)

Additional information regarding AUTOBUS | CYCLING CLUB rules can also be found on the AUTOBUS | CYCLING CLUB website.

**AUTOBUS | CYCLING CLUB Rides** means rides formally organized by the AUTOBUS | CYCLING CLUB and as described on the AUTOBUS | CYCLING CLUB website. Rides not listed on the AUTOBUS | CYCLING CLUB website are not AUTOBUS | CYCLING CLUB rides.

### AUTOBUS | CYCLING CLUB Incorporation

- The AUTOBUS | CYCLING CLUB was incorporated on December 6, 2016.

### AUTOBUS | CYCLING CLUB Insurance

Through the member registration process, each member purchases General Liability Insurance coverage through the Ontario Cycling Association (OCA). General Liability Insurance is designed to protect a person (member) or any entity (Province, Club, Canadian Cycling Association) against any legal responsibility arising out of a negligent act or failure to act as a prudent person would have acted, which results in bodily injury or property damage to another party. AUTOBUS | CYCLING CLUB members should familiarize themselves with the terms of the insurance coverage. The coverage details may be accessed

at <https://www.ontariocycling.org/about-ontario-cycling/insurance/>

The AUTOBUS | CYCLING CLUB must receive signed insurance waivers from each AUTOBUS | CYCLING CLUB member; membership is not assigned or granted until a signed waiver is received by the AUTOBUS | CYCLING CLUB. This is part of the online member registration process.

### Standards of Care

This Risk Management Plan and all AUTOBUS | CYCLING CLUB programs and rides shall adhere to the following, as applicable:

- UCI, CCA, OCA rules and regulations as they pertain to Club Rides.
- Ontario Highway Traffic Act  
While on AUTOBUS | CYCLING CLUB Rides, all AUTOBUS | CYCLING CLUB members must adhere to and obey all rules of the road as per the Ontario Highway Traffic Act. The Ontario Highway Traffic Act is available here: [http://www.e-laws.gov.on.ca/html/statutes/english/elaws\\_statutes\\_90h08\\_e.htm](http://www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_90h08_e.htm)

### Risk Management

#### General:

- All members of the AUTOBUS | CYCLING CLUB are responsible for bringing forward to the AUTOBUS | CYCLING CLUB Board any safety issues related to AUTOBUS | CYCLING CLUB Rides which present themselves throughout the riding season.

- While on AUTOBUS | CYCLING CLUB Rides, all AUTOBUS | CYCLING CLUB members must adhere to and obey all rules of the road as per the Ontario Highway Traffic Act.
- Any AUTOBUS | CYCLING CLUB member on a AUTOBUS | CYCLING CLUB Ride should immediately advise the ride marshal(s) and other members of the ride should the member feel the group or individuals in the group are riding in an unsafe manner. The member should withdraw from the ride if they feel unsafe.
- All participants of the AUTOBUS | CYCLING CLUB Rides must provide proof of membership in good standing prior to each ride, if requested by the ride marshal.
- All participants of the AUTOBUS | CYCLING CLUB Rides must wear a road cycling helmet no older than 2014.
- All participants of the AUTOBUS | CYCLING CLUB Rides must have road bicycles in good standing mechanical order, properly tuned, free of rust.
- All participants of the AUTOBUS | CYCLING CLUB Rides must have their tires properly inflated to the standard indicated on the tire sidewall.
- No participant of the AUTOBUS | CYCLING CLUB rides may ride on a TT, Triathlon bike, or any bike with solely aero dynamic handlebars.
- All participants of the AUTOBUS | CYCLING CLUB Rides must carry a cellphone and photo id.
- Each AUTOBUS | CYCLING CLUB Ride participant will conduct themselves in a responsible manner and retains liability for their own actions.

#### **Ride Marshals/Coordinators**

- A ride marshal(s) may be appointed by the AUTOBUS | CYCLING CLUB Board for each AUTOBUS | CYCLING CLUB Ride. The ride marshal will identify himself/herself to the group so that everyone is aware of who is coordinating the ride. The ride coordinator may describe the general ride route, and may provide a brief safety tip at the commencement of the ride. Each individual group on a AUTOBUS | CYCLING CLUB Ride may or may not have a marshal/coordinator.
- The ride marshal (s) has the final decision on all matters pertaining to the AUTOBUS | CYCLING CLUB Ride and his/her decisions must be respected by all participants
- Ride marshal (s) will carry a cell phone for emergency use on all AUTOBUS | CYCLING CLUB Rides. AUTOBUS | CYCLING CLUB members are encouraged to carry their own cell phones on AUTOBUS | CYCLING CLUB Rides. Riders should immediately call 911 in the event of an emergency.
- If no ride Marshal is present, members should continue to follow the Risk Management Plan and Ride Policies accordingly.

#### **Rides**

AUTOBUS | CYCLING CLUB Rides on roads will be planned to use lesser- traveled roads where possible and practical; and all rides will have a predetermined route mapped out for members to access prior to any rides.

- AUTOBUS | CYCLING CLUB Rides will not run if lightning is present and will be cancelled if lightning is sighted.
- When a large number of riders come out for any given AUTOBUS | CYCLING CLUB Ride ride, the riders will be encouraged by the ride coordinator to break into smaller groups. A size of 6-16 is a reasonable group. Groups should be at least 100 metres apart on the road to allow other vehicles to pass safely in two manoeuvres.
- Riders must not be left behind during a AUTOBUS | CYCLING CLUB Ride unless they first confirm with the ride marshal(s) that they are detaching from the group; all members of the AUTOBUS | CYCLING CLUB Ride are responsible for ensuring they properly notify the ride marshal(s) if they are detaching from the group.
- AUTOBUS | CYCLING CLUB members are responsible for ensuring that their bicycle is in good working order before attending each AUTOBUS | CYCLING CLUB Ride.
- No participant of the AUTOBUS | CYCLING CLUB rides may ride on a TT, Triathlon bike, or any bike with solely aero dynamic handlebars.
- Bicycle helmets must be worn at all times while participating in any AUTOBUS | CYCLING CLUB ride and other protective equipment is strongly encouraged (e.g., gloves, eye wear).
- While trail riding all riders must be courteous and considerate of other trail users and the trail system.
- AUTOBUS | CYCLING CLUB members are responsible for ensuring they are sufficiently fit for their desired activity.
- AUTOBUS | CYCLING CLUB members are responsible for bringing sufficient liquids and food, as required, for each AUTOBUS | CYCLING CLUB Ride, as well as appropriate tools/ spare tubes, etc.
- AUTOBUS | CYCLING CLUB members are not to be under the influence of any drug or beverage product that could impair their riding judgment while on a AUTOBUS | CYCLING CLUB Ride.
- Any and every accident on a AUTOBUS | CYCLING CLUB Ride shall be immediately reported to a AUTOBUS | CYCLING CLUB Board member to be reported to the Ontario Cycling Association (OCA) through the proper reporting procedures and forms provided by the OCA. The list of Board members can be found on the AUTOBUS | CYCLING CLUB website.

## COVID19 PROTOCOL:

Autobus Cycling club will be guided by policies/decisions determined by the provincial health authority and OCA as it relates to return to sport and social gatherings/distancing. In addition to the health/provincial authority guidance, club members are expected to follow these additional steps.

Participation in any organized activity carries with it some risk. It is important for participants in sanctioned activities to take the precautions necessary to protect themselves and others. The guidelines laid out in this document will help guide members through the proper planning and execution of their activities.

Some basic risk reduction methods include:

- Not participating in any group activities if you or any of the other group participants:
  - A. Exhibit any COVID-19 symptoms including:
    - Fever and/or chills • Cough • Difficulty breathing or shortness of breath • Muscle aches • Sore throat or difficulty swallowing • Runny, stuffy or congested nose (not related to seasonal allergies or other known causes) • Lost sense of taste or smell • Extreme tiredness • Any other symptoms as identified by health experts (<https://www.ontario.ca/page/covid-19-stop-spread#section-0>)
  - B. Have been in contact with someone who is a confirmed or presumptive case of COVID-19 within the last 14 days
- Washing your hands frequently following the recommended guidelines for a minimum of 20 seconds • Not touching your face/eyes/mouth with your hands • Using an alcohol based sanitizer containing over 60% alcohol if soap and water are not available
- Practicing proper etiquette by covering your mouth and nose with your sleeve (not your hands) when coughing or sneezing, and washing/sanitizing your hands as soon as possible after • Avoiding contact with sick people, as well as limiting close contact with people deemed “high risk” • Keeping a MINIMUM distance of 2 metres from other individuals at all time. • Avoiding all physical contact including hugs, handshakes, high fives and fist bumps • Limiting the risk of an emergency situation by ensuring you do not push yourself too hard or take any undue risks • Ensuring you wash/sanitize all used clothing and disinfect all cycling equipment including, but not limited to: your helmet, sunglasses/protective lenses, handlebars, water bottle, etc.

For all club sanctioned activities we will adhere to the following rules:

Here is our plan:

Small groups of up to 10 individuals, maybe even fewer. (ie. 14 opt-in, we run two groups of 7)  
Before each ride, we will clearly communicate and remind riders of social distancing protocols as per attached OCA guidelines.  
Ride leaders will carry a mandatory PPE Kit: mask, gloves, and hand sanitizer.

Members are not expected to have a PPE kit: mask, hand sanitizer, gloves. However, if you think about it logically, those 3 items are light and do not take up much space. Gloves are great to keep your hands clean when changing a flat, mask you actually need now to go into any public indoor space (buying Gatorade), hand sanitizer is also great as you grab door handles, etc.

In order to ride you will need to execute the following steps:

1. Read the OCA guideline linked above.
2. Get OCA insurance if you haven't yet.
3. Send the PDF confirmation to a club representative.
4. Review the ride that's posted on strava and opt-in to let us know you're coming.

What you should know:

1. We will do our best to accommodate more than 10 cyclists by adding extra groups as needed.
2. You signing up on strava helps us plan #1, so please opt-in if you're going to join.
3. If we don't have your waiver on-file you won't be allowed to ride.