



Oakville Cycling Club Ride Leader Training



A few reminders

This session is being recorded

Please mute your audio

Use the chat for comments, suggestions and questions



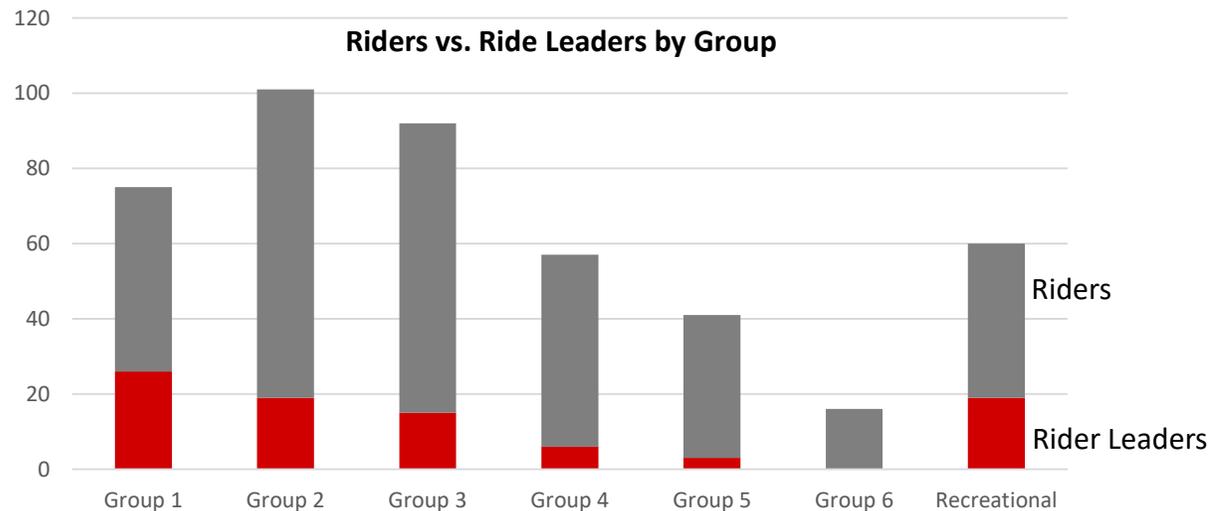
Agenda

1. 2021 Season Preview
2. COVID-19
3. Traffic Laws
4. Group Ride Etiquette
5. Ride Leader Responsibilities
6. Accidents
7. Incidents
8. Ride Routes and Sign-up

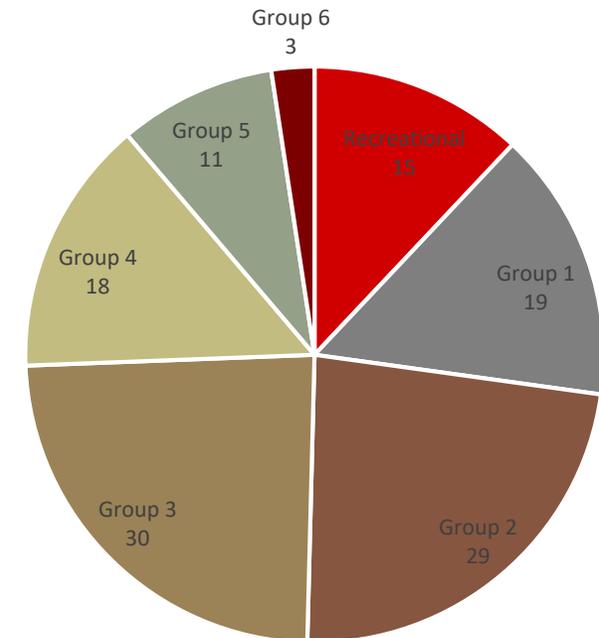


Season Preview

- Membership will sell out again.
- 20% of members are new.
- 125 Ride Leaders and Assistant Ride Leader volunteers.



Which group do you plan on riding with?





COVID-19 Protocols

We follow the Ontario Cycling Association [Return to Sport guidelines](#)

Rider Guidelines:

- Do not participate in any group activities if you do not pass the [Ontario COVID-19 Self-assessment](#).
- Physical distance by at least 2 metres (6 feet) distance prior, during, and after your sanctioned activity.
- Do not share food or equipment.
- Clean all your equipment prior to heading out.
- Bring a mask, gloves and hand sanitizer.
- Do not loiter after your activity.
- Contact the club to notify them of any symptoms or pending/confirmed test results.
- Absolutely no spitting or snot rockets!



COVID-19 Protocols

Club Guidelines:

- Modify activities to limit or eliminate contact between members and groups (multiple start locations).
- Develop a process to limit registrants of an activity to the amount permitted (pre-registration).
- Keep a record of all participants in each activity. This may become necessary for contact tracing should an infected individual participate in an activity.
- Confirm your Ride Leader knows who has registered for the activity.
- Anyone servicing a bike or attending to an injured individual **MUST** use hand sanitizer before and after.
- If there is an injury, the designated person providing medical aid must put on PPE before assisting the injured participant (masks, gloves, etc.).



Questions?





Traffic Laws

Right to the road

- Ontario bicyclists generally have the same rights, and same responsibilities, as drivers of motor vehicles.

Where to ride

- Ride approximately one meter from right curb.

Stop Signs and Traffic Control Devices

- Bicyclists are required to come to a full and complete stop at all stop signs and traffic lights displaying a red signal.



Traffic Laws

Signaling

- Bicyclists must use hand/arm signals when turning and stopping.

Drivers Overtaking Cyclists

- Drivers must provide a minimum of one-metre distance when passing a cyclist.

Bicycles Passing on the Right

- Bicyclists may pass motor vehicles on the right if it is reasonably safe to do so and where there is unobstructed pavement for two vehicles to safely pass.



Traffic Laws

Group Riding

- The HTA does not explicitly forbid side by side riding.
- The HTA requires that slower moving vehicles (cyclists) move to the right, but only when being passed and where practicable.
- The HTA only forbids side by side riding when it impedes normal flow of traffic.
- If there is not enough room for faster vehicles to safely pass, cyclists should ride single file as far right as safely practicable.
- Municipalities may have specific bylaws prohibiting side by side riding.



Traffic Laws

Bike Equipment

- White light on the front and red light on the rear ½ hour before sunset, ½ hour after sunrise, or when unfavorable/light conditions. Flashing red light on the rear is permissible .
- White reflector on the front forks. Red reflector on the rear.
- Bell, gong or horn in good working order.

Police Stops

- Cyclist is to identify themselves and provide their address
- Cyclist does not need to show their drivers licence.



Traffic Laws

Taking the Lane

- It is permissible to take the lane in Ontario and move with traffic flow.
- HTA (147(1)) does require bikes that are travelling slower than the normal speed of traffic to travel in the right lane or the close to the right hand curb “where practicable”.
- The words “where practicable” therefore allows cyclists to take the lane due to various road conditions that include potholes, construction, street car tracks, grates, parked cars, or other unsafe conditions on the road.

Sources: <https://www.bikelaw.com/2019/06/ontario-bicycle-laws/> and <https://www.ontariocycling.org/forms/form-highway-traffic-act-slidehsow/>



Questions?



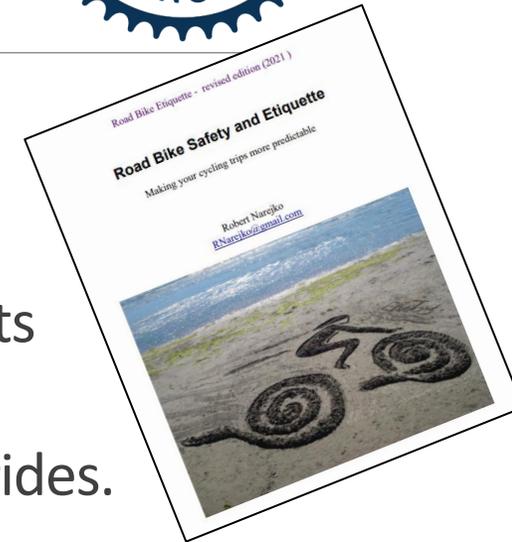


Group Ride Etiquette

- Read the [Club Etiquette Guide](#)

General Guidelines

- Ride smooth and steady all the time. No sudden, abrupt movements or over reactions to potholes, road debris, etc.
- Never overlap wheels. It's one of the prime causes of incidents on rides.
- Don't surge when it's your turn to pull or leaves gaps.
- When you see someone committing a ride foul, politely say something.
- Never cross the yellow/centre line. On roads without painted lines stay on one half of the road. On a 4+ lane road (2+ lanes in each direction) stay within the right-most lane and do not cross the dashed white line.



POINT OUT HAZARDS



HOW TO...



Group Ride Etiquette

Communication

- "Car Back" - there is a car approaching from the rear and to single-up or move over to allow the car to pass.
- "Car Up" - there is a car approaching from the front. This is important on hilly or winding roads.
- "Single Up" - tells the group that riders need to be in single file.
- "Car Left or Right" - warning riders at intersections that a car is approaching and might cross the path.
- "Walker or Runner Up" - warning riders that there is a pedestrian on the groups side of the road
- "Tracks" - warns of railroad tracks
- "Road Kill" - kind of an obvious one
- "Hole(s)" - warning riders about dangerous (read: can cause damage or an accident) breaks in pavement. Riders can sometimes point instead of/in addition to calling the hazard, especially on roads with lots of holes.
- "Slowing" or "Stopping" - warns riders about a change in speed. Can be done with a hand signal, but calling this is helpful, especially if a sudden/unexpected stop.
- "On Your Left or Right" - warning riders that you are passing. Riders should always pass on the left, but if forced to pass on the right (to avoid a dangerous situation, for example) it should always be announced.



**RIDE IN
A GROUP**



HOW TO...



Group Ride Etiquette

Descents

- Warn of steep descents.
- Spread out farther than normal, and any paceline rotation should stop.
- Passing each other on a downhill can be dangerous and is discouraged.

Climbs

- On all long climbs, the group breaks any paceline formation and riders can go as hard or as easy as they wish. Regroup at the top.
- Riders are reminded to always stay to the right, which is especially important on hills, and pass on the left only.



Group Ride Etiquette

Regrouping

- Regrouping is necessary to ensure the pack stays tight and riders are accounted for.
- If the group becomes too spread out, the ride leader can call for a regroup at the next intersection.
- Regrouping is mandatory after all long climbs and major descents so that riders are not pushed beyond their comfort zones.
- All riders must wait at the regrouping spot. Do not soft pedal down the road.
- We never regroup in a manner that is unsafe or would obstruct traffic in any way. If the shoulder is too narrow, on a blind corner, or otherwise unsuitable, the group should continue until an appropriate regrouping spot is identified. All riders should pull off the road or as far to the right as possible to avoid blocking traffic.



Paceline Riding

Single-file Paceline



Riders cycle in a single line
1-3 feet apart fore/aft

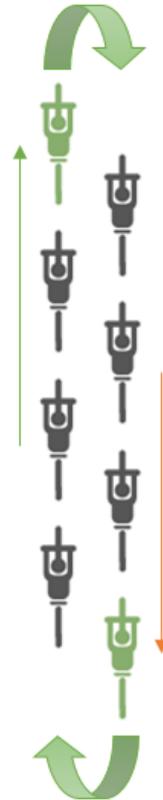


The lead rider moves left and fades back when it is safe to do so

Rotating Paceline



Riders cycle in two parallel lines
1-3 feet apart fore/aft and 2-3 feet apart laterally

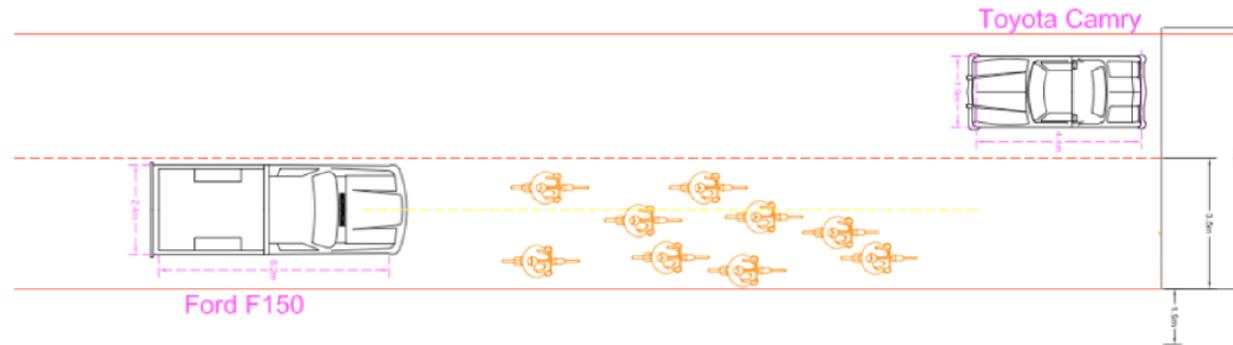


The lead rider on the right fades back while the leading left rider advances forward and to the right

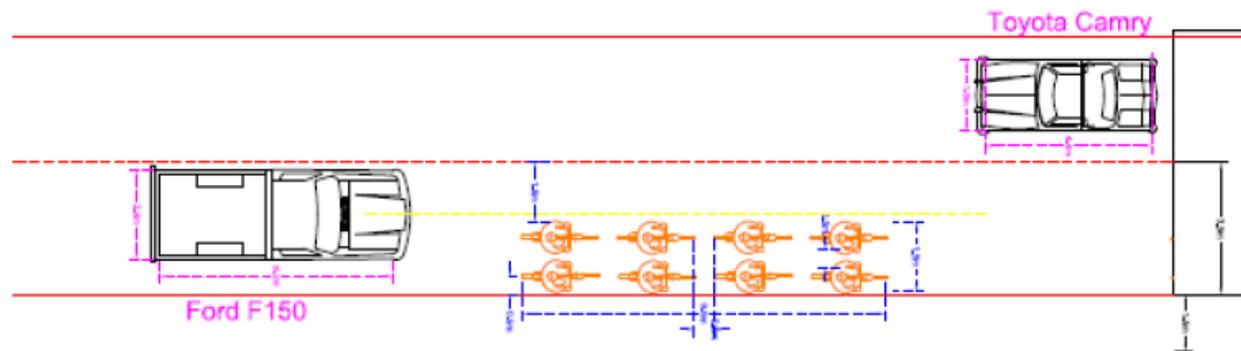


Tight and to the Right

Not tight:



Tight:





Questions?





Ride Leader Responsibilities

- Sign up to lead some rides.
- Know the route (cue sheets can be viewed on the app or printed).
- Manage the pace.
- Encourage riders.
- Provide feedback.
- Follow (and help others follow) [club policies](#).



Accidents

Understand the symptoms that may result from a concussion, such as:

- Nausea
- Poor concentration
- Amnesia
- Fatigue
- Sensitivity to light or noise
- Irritability
- Decreased memory

Review our [Concussion Protocol](#).



Accidents

- Stay calm.
- Call 911, if needed.
- Don't move the person, or let the person move.
- Control traffic and ensure the group is safe.
- Notify the member's emergency contact or someone close to the member.
- Have a ride home for the member arranged.
- Remain with the member until they can be taken home.
- Get rider information.
- Report the accident to president@oakvillecc.com.



Incidents

Dropping a rider

- Riders must not be left behind unless they first confirm with the Ride Leader that they are detaching from the group.
- Ensure the rider has a mobile phone and, if possible, note their name and number.

Mechanicals

- The Ride Leader is not expected to be a mechanic; each rider should be self-sufficient. But they can assist or recruit another member to help.
- If the rider needs to drop, follow the steps above.

Road Rage

- Avoid confrontation, but document where possible (photos, video, license plate, description).
- Report to president@oakvillecc.com to coordinate a police report.



Questions?





Pre-ride Checklist

Before each ride:

- Introduce yourself.
- Point out any route features or warnings.
- Confirm riders are current-year members and have signed up.
- Remind of COVID protocols (keep distance, absolutely no spitting or snot rockets).
- Remind of road safety and laws (bike lights, stop signs, tight & to the right)
- The Ride Leader does not pull the entire time!



Route Coordinator

- Ed Daugavietis & a team of Ride Leaders selected hundreds of routes.
- Ensures they meet distance guidelines.

Group	Weekday Pace (kph)	Weekday Distance (km)	Weekend Pace (kph)	Weekend Distance (km)
Rec (e)	22+	25-35	21+	35-55
Group 1 (e)	25+	25-35	24+	45-65
Group 2	26+	30-40	25+	60-80
Group 3	28+	35-45	27+	65-100
Group 4	31+	40-55	30+	85-115
Group 5	34+	50-70	34+	80-115



Ride Coordinators

- Bob and Karin ensure the rides have ride leaders.
- Maintain the signup.com registration system.
- Call for ride leaders when there are gaps.
- Make the weather cancellation calls (in tandem with leaders) and send out notification of ride cancellations.



Calendar and Routes

- We use Ride with GPS for the calendar and routes
- View the planned routes:
<https://ridewithgps.com/organizations/1213-oakville-cycling-club/events>
- Note the new starting locations:
<http://oakvillecc.com/index.php/our-rides/ride-meeting-locations>
- Changing a route/special rides – at least two weeks' notice, email the Route Coordinator (Ed).



How to Sign-up to Lead

- We use Signup.com to register to lead rides.
- Riders currently also use Signup.com to register (COVID restrictions).
- Advantages: sign up far in advance, view all rides signed up for, change or cancel commitments, reminders via email/text.
- <https://signup.com/Group/788396230053/>
- You do not need to sign up as both a ride leader and a rider

Manage this page >

Oakville Cycling Ride Leader Sign Up

Register here to lead group rides. Please sign up as far in advance as you can. We appreciate your efforts - without you we can't ride!

The ride calendar, routes and starting locations are at [Ride with GPS](#)

SignUps	% Filled
Ride Leaders Sunday <small>May 02, 2021 - Nov 07, 2021</small> Rec through G4 rides	Filed: 0 of 280 View
Ride Leaders Tuesday and Thursday <small>May 04, 2021 - Oct 14, 2021</small> Rec through G5 rides	Filed: 0 of 576 View
Ride Leaders Munn's G5	View

Oakville Cycling Ride Leader Sign Up

This page is for Oakville Cycling Club Ride Leaders who want to register to lead group rides. You are encouraged to signup as far ahead as you can.

Ride Leaders are a valuable resource for this club. We appreciate your efforts. Without you we cannot ride.

The complete ride calendar, with routes, can be found on [Ride with GPS](#)



Questions?





Important Links

- Ride calendar and routes: <https://ridewithgps.com/organizations/1213-oakville-cycling-club/events>
- Sign up to lead rides: <https://signup.com/Group/788396230053/>
- Modify your rideleaders@oakvillecc.com email list subscription: https://uscentral443.accountservergroup.com/mailman/listinfo/rideleaders_oakvillecc.com

Contacts:

- Ride Coordinators (Bob and Karin): oakvillecc1@gmail.com
- Route Manager (Ed): ed.daugavietis@gmail.com
- President (Bruce): bmacdonald29@cogeco.ca
- OCC Executive: exec@oakvillecc.com
- Me (Andy): vistaway@gmail.com



Club Policies

- [Code of Conduct](#)
- [Membership Policy](#)
- [Risk Management Plan](#)
- [Discipline and Complaints Policy](#)
- [Accessibility Policy](#)
- [Privacy Policy](#)
- [Concussion Policy](#)
- [Release, Waiver and Indemnity Agreement](#)