

Black Sheep Cycling Club

Risk Management Plan



1. Overview:

The following plan documents how Club activities and member participation are to be managed so that risks can be reduced. These practices are to be followed by all members during every Club event. A copy of this plan is posted on the Club's website and will be available for review at every event.

2. General Requirements

- All participants in Club events shall be Club members and have completed, signed and submitted a 'Canadian Cycling Association Waiver, Release and Indemnity'.
- Bike helmets must be worn at all times when riding during Club events. Other protective equipment (e.g. eyewear, gloves) is strongly encouraged.
- All Club events and Club members must adhere to and obey all rules of the road as per the Ontario Highway Traffic Act.
- Club members are responsible for ensuring that their bicycle is in good working order before attending each event.
- Club members are responsible for ensuring they are sufficiently fit for their desired activity.
- Club members are responsible for bringing sufficient liquids and nutrition, as required for each event.
- When trail riding, all Club members must be courteous to fellow members and other trail users, alert them of their presence prior to passing, and only pass when it is safe to do so.
- At their earliest opportunity, Club members are responsible for notifying the Club Executive of any safety concerns or perceived risks.
- In case of dangerous weather conditions (generally, imminent threat of lightning and/or high winds), the event coordinator and Club President will decide on whether and event will proceed.
- A first aid kit and cell phone will be available at every Club event. Simple first aid can be provided on site, but 911 will be called in case of more serious issues.
- Club members are responsible for reporting every accident to a member of the Club Executive. The Club Executive is responsible for reporting details of the accident to the Ontario Cycling Association using the prescribed forms.
- The Club Executive will review the Risk Management Plan on an annual basis.

3. Specific Requirements:

- a) **Course/Route Descriptions:** A description of the course/route will be posted on the Club's web site a minimum of 48 hours prior to each event to allow members sufficient time to orient themselves to the course/route. In addition, a description of the course/route will be available at the registration desk of each event. As well, the event coordinator will provide a quick participation briefing immediately prior to the start of each event, during which he/she will describe the course/route and current conditions.
- b) **Course/Route Obstacles:** The course/route used for all Club events will include easier "ride arounds" to bypass all jumps, and drops exceeding 30 cm in height.