

All Wheels Cycling club

Ride Guidelines 2024

Covid – 19 if required

- All local public health laws and guidelines will override any club guidelines. These may include total ride size, group size, distancing between riders. And may involve cancelling any and all events/rides.
- All riders must carry a mask and hand sanitizer with them in case a rider needs assistance with an injury or roadside repair and distancing may not be possible.
- For 2022 we anticipate needing to maintain a social distance of 2 meters at all times before, during and after rides.
- Road Rides – Groups will be capped at 5 and riders must ride single file with at least 1 bike length of empty space between them and the rider in front of them.
 - It will be PARTICULARLY important to pick you group wisely based on fitness and ability as drafting will be affected with social distancing.
- MTB Rides - We always ride at least with 3-5 seconds of space between us for safety. It is important to maintain social distancing when re-grouping, when possible stop and spread out on double track junctions.

Road Rides

- CLUB Rides on roads will be planned to use lesser- traveled roads where possible and practical.
- 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 CLUB Ride , the riders will be encouraged by the ride coordinator to break into smaller groups. A size of 6-12 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 an CLUB Ride unless they first confirm with the ride coordinator(s) that they are detaching from the group; all members of the CLUB Ride are responsible for ensuring they properly notify the ride coordinator(s) if they are detaching from the group.
- CLUB members are responsible for ensuring that their bicycle is in good working order before attending each CLUB Ride.
- Bicycle helmets must be worn at all times while participating in any CLUB ride and other protective equipment is strongly encouraged (e.g., gloves, eye wear).

- Front and rear lights are required during any CLUB Ride which takes place one half hour before sunset and/ or which may extend into darkness.
- While trail riding all riders must be courteous and considerate of other trail users and the trail system.
- CLUB members are responsible for ensuring they are sufficiently fit for their desired activity.
- CLUB members are responsible for bringing sufficient liquids and food, as required, for each CLUB Ride, as well as appropriate tools/ spare tubes, etc.
- CLUB members are not to be under the influence of any drug or beverage product that could impair their riding judgment while on a CLUB Ride.
- Any and every accident on a CLUB Ride shall be immediately reported to a CLUB Board member to be reported to the Provincial Cycling Association through the proper reporting procedures and forms provided by CC. The list of Board members can be found on the CLUB website.
- - For non-CLUB riders wishing to try-out a CLUB Ride, extra waiver forms may be available at the beginning of each club ride. Proof of OCA membership will be required. (Citizen Permit, UCI or Affiliate Club Membership). Note prior approval by the club is required.
 - For non-OCA members wishing to try out a CLUB Ride, the club will have designated try-out dates where an individual can try out the club on a one-time basis. Prior notification is required and a waiver and sign-in form will be required prior to participation. All non-members participating in the program are asked to bring any emergency medical information and a health card.

Skills Development

- The CLUB encourages all riders to be comfortable and proficient with group riding before joining a CLUB ride.
- To support rider skills development, the CLUB will periodically hold skills development programs for road riding and/ or mountain biking and encourages all CLUB members to attend these programs and / or other cycling skills courses.
- Riders may be requested to complete a skills development program before attending or continuing to attend regular scheduled CLUB rides. This applies for both road and off-road CLUB rides.
- New or novice member are encouraged to participate in the Learn to Ride programs offered by the CLUB before participating in more challenging or technically advanced rides.

MTB Rides

- Riders must adhere to all local trail rules such as yielding to pedestrians and equestrians.
- Group size will be capped at 8 max for all off road rides
- Ride leader is responsible for designating a sweep to ensure everyone is grouped up at trail junctions before continuing.

- All riders must carry with them the tools and equipment needed for their bike in case of repair.
- Trespassing will not be tolerated by the club, club rides will only take place on public trails unless checks are in place to ensure everyone has permissions/trail passes/memberships to enter private riding areas.
- On two way trails uphill riders have the right of way as default.
- Riders must ride within their ability level, if it is a riders first time on a trail always proceed with caution.
- The ride leader should highlight any difficult features on the upcoming trail.