

BARTALI CYCLING CLUB

Ride Guidelines

Prerequisites

1. As per OCA rules all participants must be a Bartali Cycling Club member or a declared guest of an OCA/UCI affiliated club.
2. You need a road bike in good working order.
3. Be self-sufficient. Bring sufficient liquids and food, as well as appropriate tools/spare tubes. Bring a charged cell phone, ID, emergency information and the proper clothing for the day.
4. You need to ensure that you are sufficiently fit for your desired activity.
5. You need to have a basic understanding of group riding skills. If you don't we offer beginner group riding skill sessions in the early season.
6. You need to be familiar with and willing to abide by our ride guidelines, be courteous and respectful of other cyclists and road users.
7. You must ensure you are not under the influence of any drug or beverage product that could impair riding judgment.
8. Children under the age of 16 must be accompanied by a parent and have the appropriate minimum level of ability to ride for 1.5 hrs at 20km/hr.
9. If the ride marshal determines that a rider is not prepared for a ride, as per above, the ride marshal has the discretion to refuse to allow participation in that day's ride.

Rain Policy

Please be aware that club rides will be cancelled as a club insured & sanctioned ride due to weather if:

1. It is raining at the start of the ride.
2. There is a forecast of 70% POP or more of rain or lightening or extremely high winds (50kph+) on the day of the ride.
3. If there is lightning present or sighted.

How We Ride

1. Our groups are usually made of up 10 to 15 riders. If the group is divided into smaller groups, then there shall be no less than 5 riders in a small group.
2. We attempt to have all groups led by a designated club ride marshal. These volunteers know the route, carry a cell phone and have been instructed on how we ride. Most importantly the ride marshal explains all this information to the group before they depart.

Ride Formation

Our basic ride formation is the peleton. The riders ride close near or behind each other to conserve energy. The rider at the very front is fully exposed to wind resistance and as such experiences much higher fatigue. After a period of time, the rider at the front will manoeuvre back in the peleton and the rider behind him will be left at the front. This will continue throughout the ride. The riders

will always stay as close to the right as possible so as to make it easier for drivers behind them to overtake the group. This formation has been chosen as it is the most dynamic and allows riders to adjust according to various factors.

Roles in Formations

Front – Maintain constant pedaling efforts, call and signal turns well in advance, ensure no half-wheeling, ride bar to bar and tight to the right of the road, indicate debris, railway crossings, stop signs, etc.

Middle – Stay alert and responsive to signals from the front. Pass information from lead riders back and vice versa. Look ahead up the line and keep your eye on the back of rider in front of you; do not watch their rear wheel.

Back – Monitor upcoming traffic from behind. Stay alert and responsive to signals from the front. Look ahead up the line and keep your eye on the back of riders in front of you; do not watch their rear wheel. Indicate left turns and lane changes. Ensure no one is left behind. If riders are at risk of being dropped call out “easy” so speed can be adjusted. Relay messages to the riders ahead.

Detaching

Riders will not be left behind unless they first confirm with the ride marshal that they are detaching from the group. The riders who wish to detach must ensure that they have properly notified the ride marshal that they are detaching from the group.

Echelons

This is a formation where the cyclists are spread diagonally across the road to gain shelter from a crosswind. This formation is unacceptable for group riding in our community.

Passing

Always call out “on your left” when passing. Ride single file when passing another group of cyclists. Do not cut in front of a rider you have passed, and ease back in the lane when clear.

Protective Gear

All cyclists must ensure they are wearing bicycle helmets while participating, while other protective equipment is strongly encouraged (e.g. gloves, eye wear).

Communications

The rider needs to communicate with the group or the ride marshal to determine which group and pace of ride they want. On the road, riders need to communicate the ride formation, rotation and pace. Riders at the front need to call out road hazards and traffic situations. Riders at the back need to call out cars approaching from the back. Anything that can affect the group needs to be called out. We have ride marshals who will try to maintain good riding practices, however if you notice

a rider engaging in poor riding practices, please call it out and let them know it is dangerous and uncalled for.

Emergency Stops

When being approached by an emergency vehicle (i.e. fire truck, ambulance, police car) with its lights and siren activated, we are required under the *Highway Traffic Act*, R.S.O. 1990, c. H.8 (the “HTA”) to pull over our group and stop. Ensure that all riders have heard and understood the need to pull over, if they have not, call out. It does not matter if the emergency vehicle is approaching from the front or behind.

Highway Traffic Act

Under the HTA, a bicycle is a vehicle, just like a car or truck. Cyclists must accordingly obey all traffic laws, stop at all stop signs, pull over to the right and stop for emergency vehicles and have all the same rights and responsibilities as drivers.

Lights

Lights are required within thirty (30) minutes of dusk or dawn and poor visibility conditions (fog or rain). There must be a white front light and a red rear light.

Zero Tolerance

Riders who break safety rules will be asked to leave the ride and may be susceptible to disciplinary action by the Bartali Cycling Club.

Railway Crossing

Always cross tracks at a right angle after ensuring there is no traffic. Reduce the speed before crossing and communicate with the group that there are tracks ahead and a speed change is required.