

Randonneurs Ontario Risk Management Plan **Approved by Board December 14, 2016**

Randonneurs Ontario Long Distance Cycling Association is a provincially incorporated membership organization that promotes safe long-distance cycling. It is managed on a volunteer basis by a board of directors according to by-laws approved by the membership.

General

- Randonneurs Ontario (RO) rides are similar to touring following a prescribed route with control points approximately 75km apart and an overall time limit. Where possible and practical, routes are designed around less traveled roads.
- Like many endurance sports, proficiency comes with experience. A New Members night is held annually early in the season to help members increase their skill levels. A presentation on safety requirements is included
- All members of RO are responsible for bringing forward to the RO Board any safety issues related to RO Rides which present themselves throughout the riding season.
- While on RO Rides, all RO Members must adhere to and obey all rules of the road as per the Provincial Highway Traffic Acts.
- Any RO member on a RO Ride should immediately advise the ride coordinator(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 RO Rides must be RO Members or Day Riders with membership through the Ontario Cycling Association. If an ineligible rider insists on participating even after being asked not to, then the ride may proceed, however, the ride coordinator shall advise the ineligible rider, with a witness present, that he or she is ineligible and is not covered by insurance and is responsible for all his / her actions.
- Each RO Ride participant will conduct themselves in a responsible manner and retains liability for their own actions.

Ride Coordinator

- A ride coordinator will be appointed for each RO Ride. The ride coordinator will identify themselves 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.
- The ride coordinator has the final decision on all matters pertaining to the RO Ride and his/her decisions must be respected by all participants. The ride coordinator may appoint a designate should the ride coordinator be unable to attend the ride.
- It is recommended that ride coordinators and riders carry cell phones and/or a SPOT or similar device for emergency use on all RO Rides. Riders should immediately call 911 in the event of an emergency.
- Ride coordinators will verify that each rider has the prescribed safety equipment.

Safety Equipment

- All riders shall wear an approved helmet while riding.
- Bicycles shall have front and rear lights installed and/or available for use from one half hour before sunset to one half hour after sunrise.
- Riders shall wear reflective vests from one half hour before sunset to one half hour after sunrise.
- Any rider missing safety equipment will be denied participation in a RO event.

Rides

- When a large number of riders come out for any given RO 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.
- RO members are responsible for ensuring that their bicycle is in good working order before attending each RO Ride.
- While trail riding all riders must be courteous and considerate of other trail users and the trail system.
- RO members are responsible for ensuring they are sufficiently fit for their desired activity.
- RO members are responsible for bringing sufficient liquids and food, as required, for each RO Ride, as well as appropriate tools/ spare tubes, etc
- RO members are not to be under the influence of any drug or beverage product that could impair their riding judgment while on a RO Ride
- Any and every accident on a RO Ride shall be immediately reported to a RO Board member to be reported to the Ontario Cycling Association through the proper reporting procedures. The list of Board members can be found on the RO website – www.randonneursontario.ca.
- Each participant is to be considered on a private excursion and remains responsible for any accidents in which they may be involved. Each participant is responsible for following the route. Although Randonneurs Ontario will endeavor to ensure that all route instructions are correct, no responsibility can be accepted for participants becoming lost. Should a participant become lost or stranded by mechanical problems or fatigue, it will be their responsibility to get home.