

CYCLE SPORTS

RELEVANT REGULATIONS AND RESOURCES

Ontario Mountain Bike Instructor <www.ontariocycling.org>
CANBIKE <www.canadian-cycling.com>
National Coaching Program <www.coach.ca>

GENERAL NOTES

Cycle sports include cycling, mountain biking, and extreme biking in camp and off-site.

Extreme biking takes place on difficult terrain or courses where there is a high risk of injury.

The program supervisor should check all program plans daily to ensure safety and high quality. The cycle sports staff should inform the head of cycling of all selected routes and trails on a standard form. Included with a copy of the route should be: participant names, time of departure, length of route, expected duration and any possible concerns or hazards.

QUESTIONS

CS1 Have all cycling staff been trained for their position and in the safety procedures of the program?

All cycle sports staff should have riding experience commensurate with the program being offered and be at least 16 years of age.

Precamp training for everyone involved in the cycle sports program should include: trail and riding safety rules, search procedure for a missing camper, procedure for injured camper or staff, program goals, group control, and cyclist clothing and equipment.

CS2 Are all cycling staff trained in first aid and CPR?

CS3 Are campers instructed in all rules and safety procedures at the beginning of each session?

Establish safety rules and procedures for all campers and staff. Begin by explaining all safety rules and procedures to all participants. Reinforce the rules throughout the activity.

CS4 Is there a written emergency plan?

CS5 Are emergency procedures practised?

CS6 Is riding alone prohibited?

CS7 Are all traffic laws and signs obeyed?

CS8 Do cycling staff ensure that campers ride in single file on public and private roads?

- CS9 Does every cycling staff member carry a first aid kit?
Staff should always have extra water and food and be aware of the hydration needs of all participants.
- CS10 Does at least one cycling staff member carry a communication device on off-site routes?
- CS11 Does the camp adhere to the staff to camper ratios?
It is recommended that the staff to camper ratios be:
6 - 8 years 1:4
8 and older 1:6
Certain trail rides may require additional staff to ensure the safety of all participants.
- CS12 Are selected routes and trails maintained to minimize risk?
- CS13 Is at least one person on the trip familiar with the selected routes and trails?
- CS14 Do all cyclists wear cycling helmets approved by the Canadian Standards Association?**
Hockey and skateboard helmets are not approved for cycling. Ball hats should not be worn under helmets.
- CS15 Are the helmets inspected before each use for cracks and damage?**
- CS16 Are helmets and bikes fitted properly to each individual rider?**
- CS17 Are closed-toed shoes worn by all campers and staff?
- CS18 Is a bike check performed on all bikes before use?**
- CS19 Do the cycling staff carry bike repair kits and know how to fix basic problems?
- CAMPS WITH EXTREME BIKING ANSWER CS20 TO CS25
- CS20 Does the program ensure progressive skill development prior to attempting difficult routes?
- CS21 Does the program supervisor inspect any new jumps, obstacles or drops prior to use by campers?
- CS22 Does the cycling staff have the ability to block off high risk or inappropriate routes to prevent lower-skilled riders from attempting them?
- CS23 Do the technical routes provide path alternatives where difficult crossings are encountered?
- CS24 In the case of remote locations on a technical ride, is there an emergency access or exit route planned and available for riders?
- CS25 For highly technical routes, do riders have sufficient protective equipment for the route being attempted (wrist guards, jaw protector moto-cross helmet, knee protection, elbow pads)?