

UTRR Ride Guidelines (updated February 2021)

For every participant of our rides/events, we wish everyone could have the maximum enjoyment and safety throughout the rides, hence here are some guidelines to ensure that every rider can enjoy and be safe on our club rides. Guidelines should be followed closely and if there are any concerns about them, feel free to contact us or ask us about them before the start of the ride/event.

Some things to know before joining:

1. You need a road bike in working order with two working brakes
2. Be self-sufficient: do not rely on others for flats repairs, water, food etc, Bring a charged phone, cash, ID, emergency information and sufficient clothing for the day
3. Front and rear lights are recommended
4. Must meet a minimum level of fitness to be able to ride for 1.5 hours at 20km/hr
5. Remove TT/Tri bars for the event
6. Be familiar and abide our guidelines, be courteous and respectful to our riders and other riders on the road
7. Helmets are mandatory for our rides and events
8. Try to arrive before start time, rides generally start 10 after starting time
9. Breaking the rules or dangerous riders would be asked to leave the ride/event

First off, we as cyclists must follow the laws of the road, just as automobiles on the road.

2021 COVID-19 Protocols

Due to the ongoing COVID-19 pandemic our group rides will have additional restrictions. We are monitoring the situation and will be following all “return to sport” advisories posted by the OCA. All current updates from the OCA as well as provincial guidelines can be found at the following link:

<https://www.ontariocycling.org/covid-19-information/>

In general, our group rides will require riders to be physically distanced instead of riding as a typical group, with pre/post-ride gatherings limited by provincial guidelines and requiring masks and distancing.

Prior to each ride we will distribute a signup form to club members via our members-only slack workspace to ensure our total attendance number is within the provincial group size gathering restrictions. These practices will remain in effect until further notice.

Obey the Highway Traffic Act (HTA)

- Under the HTA, a bicycle is a vehicle, just like a car or truck
- Cyclists:
 - o Must obey all traffic laws
 - o Have the same rights and responsibilities as drivers
 - o Must stop at all stop signs
 - o Must pull over to the right and stop for emergency vehicles

- We ride “tight to the right”, in a straight line and pass on the left
 - o “tight to the right” means within a foot of the edge of the road, the shoulder of the rider beside you while staying close to the rider in front of you.
 - o Do not overlap wheels
- Lights are required within 30 minutes of dusk or dawn and poor visibility conditions (fog or rain) but recommended always (no flashing lights in group)
 - o White light on the front
 - o Red solid on the back

Share the Road

- Be courteous to other road users on the road inc. cyclists, cars, etc
- Call out “on your left” before passing
- Try to be friendly and greet oncoming cyclists or cyclists on the road by gesturing

Riding etiquette

- We ride as one group, and keeping everyone in tact is everyone’s responsibility in the group
- Hold your line, be predictable
- Call out/signal for hazards or movements you may make
- Do not brake suddenly
- Do not overlap wheels with the person in front of you

How we ride

- Single paceline
 - o Single line
 - o Person in the front peel off after a period of time to the right, slow down, then rejoin line at the back
 - o Person in second place maintain speed when first head of line peels off
- Single file
 - o Maintain safe distance between each other
 - o Spaces are tight so no overtaking or peeling off
 - o No sudden movements
- Double paceline
 - o Two separate lines
 - o Slower on the right, faster on the left
 - o Head of line on the left peel off to the right per period of time, and slow down
 - o Rejoin the left line when you are at the back
- Social double paceline
 - o Longer pulls at the front
 - o Use hand gestures to signal the side you want the person behind you to pass u on
 - o Two lines

- Riders at the front call out hazards and directions
- Riders at the back call out speed changes or stops

The ride formation used will depend on the ride and will be communicated by the ride leader(s) prior to setting out from our meeting spot. While social distancing regulations are in place due to COVID-19 we will use a single file formation with 2 meters of space between each ride. Under normal circumstance: our weeknight all-levels/no drop rides will typically use a single file formation as we'll be riding in the city; advanced-level rides will use single or double pacelines depending on traffic and road conditions (typically a double paceline will only be used on quiet roads with minimal vehicular traffic); and social double pacelines will be used on longer weekend rides that happen on quieter roads. Our beginner rides will also offer opportunities to practice and learn paceline techniques in a safe introductory environment.

Hand Signals & Call outs

- Hand Signals
 - Left hand pointing left – left turn
 - Right hand pointing right – right turn
 - Right/left hand pointing towards right/left side of road – cutting into space
 - Full hand facing backwards – stopping/slowing
 - Pointing forwards – going through intersection/light
 - Pointing to objects/potholes/hazards on the ground – stay away/ avoid
 - Waving gesture towards left/right behind you – keep to the left/right or keep clear/avoid
 - Flicking left/right elbow – signaling for rider behind to pass on left/right side of you
- Call Outs
 - “pothole”, “hole” – hazards
 - “stopping”
 - “slowing”
 - “Rolling” – starting to go
 - “runner/biker/walker up” – some other road user coming up, avoid or safely pass
 - “easy” – slow down
 - “Right turn”/”Left Turn”
 - “single file”
 - “tracks” – rail tracks coming up
 - “car back”/”car up” – car coming from back/front of group
 - “On your left” – say when passing other road users
 - “car left”/”car right” – stating cars coming on the left/right of the intersection in front of group
 - “clear” – stating the intersection is clear to pass
 - “flat” – a rider in the group has gotten a flat tire

Last but not least, have tons of fun, and enjoy your ride. Challenge yourself when possible, and recover on other days.

