



DROP RIDE RISK MANAGEMENT POLICY

Adopted by CCC Board: March 2019

Background

The Cobourg Cycling Club (CCC) provides both “drop” and “no drop” rides. On a “drop ride”, the group would not slow down or stop to accommodate a rider that is unable to keep up. On a “no drop ride” ride leaders will ensure all riders are escorted back to the ride start area. Due to the inherent risk in dropping riders, the CCC has formalized the following Drop Ride Risk Management Plan.

Communication & Understanding of Ride Plans

To limit risk on drop rides, the CCC will:

- Post the Drop Ride Risk Management Policy on the CCC’s website;
- Include the Drop Ride Risk Management Policy with the CCC’s standard Risk Management Policy;
- Have members agree to and acknowledge the Drop Ride Risk Management Policy when also acknowledging the standard Risk Management Policy as part of registering for their membership regardless of whether or not a rider intends to participate in drop rides (i.e. all riders must agree to this policy);
- Clearly advertise the ride as a “drop ride” and communicate that it is **intended for cyclists with extensive group riding experience and an appropriate fitness level for the anticipated average speed and distance**. This will be noted on the CCC’s website in the ride description, calendar and posts made by the ride leader in the forum;
- Have Ride Leaders (RLs) post the intended route on the CCC’s forum in advance of the ride;
- Have RLs post on the calendar and forum the Drop Ride Risk Management Policy link and a reminder that all members have already signed off on it as part of registration.

Best Ride Practices

- Ensure that rides start and finish at the agreed upon location noted by the RL in the CCC’s forum unless this is not possible for safety purposes such as inclement weather, etc. In this case, appropriate policies will be followed, including but not limited to, Weather Policy;
- Ensure that RLs of drop rides make an announcement prior to the commencement of a drop ride that:
 - Cyclists are participating with the full understanding of the risks associated with a drop ride;
 - Riders are responsible for communicating to the group if they intend to leave prematurely; and
 - Any dropped rider is no longer considered a part of the CCC’s organized ride and is therefore may not be covered by OCA insurance;
- Have the RL select two experienced riders to act as “sweeps”. The sweeps will ride at the back of the slowest drop ride group (if there are multiple groups) and will be responsible for checking in with riders who are no longer able to keep up with the pack. Should a dropped rider be in distress, one sweep will stay with the rider until help has arrived;
- Ensure sweeps have received adequate training to identify the signs that a rider is no longer able to continue with the group and/or is unable to ride home alone;
- Maintain a list of sweeps who have received the training;
- Have all new sweeps ride with two experienced sweeps on at least one ride to add to their training;
- Ensure that sweeps clearly communicate to a rider who is not hurt but is unable to continue with the group that they are no longer considered a part of the CCC’s ride and that their insurance coverage through the Club may not be maintained while riding home alone;

- Ensure that sweeps have a witness present (likely the second sweep) when informing a dropped rider that they are no longer considered a part of the CCC ride;
- Provide sweeps with the RL's contact information and ask that sweeps check in with the ride leader upon completion of the ride to report any riders who abandoned with an explanation of why they did not complete the ride (injury, crash, inability to maintain group's pace, mechanical, etc.); and
- Have the RL report to the President or Vice-President with news of any riders who abandon due to a medical emergency and ensure that the CCC's Emergency Action Plan (EAP) has been followed.
- It is the responsibility of a rider being dropped to inform the sweep or lead, except of course in the case of injury.

Rider Responsibility – Ride Preparation & Positive Outcomes

It is each rider's responsibility ensure they and their bikes are physically & mechanically prepared prior to the start of every ride (ie. Is the bike in excellent mechanical order & properly tuned, is the rider carrying sufficient water & food, is the apparel appropriate for the conditions, is a cellphone available, etc) so as to not impede other cyclists from enjoying their ride or causing undue stress on themselves or others in case of experiencing a foreseeable incident occurring.

Each rider must plan out their ride and consider if they and their bike are reasonably capable of completing a ride prior to the start of every ride. If the reasonable answer to a self assessment is "no", or even "maybe", consider the risks created by riding and re-consider a ride which is within ones means. Speak to the RL for their opinion, respect their answer and other members will appreciate your honesty and integrity so that everyone's ride, including ones own, will always be as awesome as it can be!