

# DARK HORSE FLYERS CYCLING CLUB— RISK MANAGEMENT PLAN

2023  
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Cycling can be a dangerous activity. The Dark Horse Flyers Cycling Club (DHFcc) has developed this Risk Management Plan to document how DHFcc rides are to be managed to reduce risks associated with cycling activities. These policies are to be practiced by DHFcc members, and any permitted visiting riders as permitted by Ontario Cycling (OC) rules, during every DHFcc ride. All DHFcc members, and any permitted visiting riders, share the responsibility for making DHFcc rides as safe as possible.

Each DHFcc member shall receive a copy, electronic or otherwise of this Risk Management Plan and a copy shall be available on the DHFcc website at [darkhorseflyers.ca](http://darkhorseflyers.ca). Additional information regarding DHFcc rules and programs can also be found on the DHFcc website.

## DEFINITIONS

**DHFcc Rides** means rides formally organized by the DHFcc and as described on the DHFcc calendar and in the Cycle Club App. Rides not listed on the DHFcc calendar and in the App are not DHFcc rides.

**DHFcc Incorporation.** The DHFcc became an Ontario Corporation on April 4, 2013.

**DHFcc Insurance.** Through the member registration process, each member purchases General Liability Insurance and Sport Accident coverage through Ontario Cycling (OC). The program provides General Liability coverage to Clubs in the case of a legal claim being filed against the Club as a result of an injury or property damage having taken place during a sanctioned activity. OC Members also have access to General Liability coverage and Sport Accident (medical benefits) coverage, depending on their membership, as a result of incidents occurring at sanctioned activities/events. For any member injured during a sanctioned Club activity, an OC Sport Injury Report Form should be submitted. This must be received within 30 days of the incident.

## STANDARDS OF CARE

This Risk Management Plan and all DHFcc programs and rides shall adhere to the following, as applicable:

- UCI, CC, OC rules and regulations as they pertain to club rides.
- Ontario Highway Traffic Act. While on DHFcc rides, all DHFcc members must adhere to and obey all rules of the road as per the Ontario Highway Traffic Act (OHA). The OHA is available here: [ontario.ca/laws/statute/90h08](http://ontario.ca/laws/statute/90h08)



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# DARK HORSE FLYERS RISK MANAGEMENT PLAN

## RISK MANAGEMENT

### General

- All members of the DHFcc are responsible for bringing forward to the DHFcc Board any safety issues related to DHFcc rides which present themselves throughout the riding season.
- While on DHFcc rides, all DHFcc members must adhere to and obey all rules of the road as per the OHA.
- Any DHFcc member on a DHFcc ride should immediately advise the Ride Leader(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 the DHFcc rides must provide proof of membership in good standing prior to each ride, if requested by the Ride Leader.
- Each DHFcc ride participant will conduct themselves in a responsible manner and retains liability for their own actions.

### Safety

- Helmets must be worn at all times on DHFcc activities.
- DHFccs are expected to operate both competitive and noncompetitive events according to their established risk management procedures designed to reduce the possibility of accidents.
- All participants need to be informed that the ultimate responsibility for safety rests with the individuals.

### Ride Leaders

- A Ride Leader(s) will sign up in advance or be appointed by the DHFcc Board for each DHFcc ride. The Ride Leader will identify himself/herself to the group so that everyone is aware of who is leading the ride.
- The Ride Leader may describe the general ride route, and may provide a brief safety tip at the commencement of the ride. Each individual group on a DHFcc ride may not have a leader.
- The Ride Leader(s) has the final decision on all matters pertaining to the DHFcc ride and his/her decisions must be respected by all participants. The Ride Leader may appoint a designate should the Ride Leader be unable to attend a DHFcc ride or should the group split into smaller groups.
- If no Ride Leader is present, and members wish to proceed with the ride, members should continue to follow the Risk Management Plan and Ride Policies accordingly on a ride that is thereby deemed unsanctioned. Alternately, if no Ride Leader is available, the DHFcc Board might cancel the ride entirely.
- Ride Leader(s) will carry a cell phone for emergency use on all DHFcc rides. DHFcc members are encouraged to carry their own cell phones on DHFcc rides. Riders should immediately call 911 in the event of an emergency.



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## Rides

- DHFcc rides on roads will be planned to use lesser-traveled roads where possible and practical.
- DHFcc rides will not run if lightning is present and will be cancelled if lightning is sighted.
- When a large number of riders come out for any given DHFcc ride, the riders will be encouraged by the Ride Leader 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 in two manoeuvres. Groups should not be larger than 16 participants including Ride Leaders.
- Riders must not be left behind during an DHFcc ride unless they first confirm with the Ride Leader(s) that they are detaching from the group or if the ride has been clearly stated as a drop ride. All members of the DHFcc ride are responsible for ensuring they properly notify the Ride Leader(s) if they are detaching from the group.
- DHFcc members are responsible for ensuring that their bicycle is in good working order before attending each DHFcc ride.
- Bicycle helmets must be worn at all times while participating in any DHFcc ride and other protective equipment is strongly encouraged (e.g., gloves, eye wear).
- Ear buds are not permitted on DHFcc rides.
- Front and rear lights are required during any DHFcc ride which takes place one half hour before sunset and/or which may extend into darkness.
- While trail riding all riders must be courteous and considerate of other trail users and the trail system.
- DHFcc members are responsible for ensuring they are sufficiently fit for their desired activity.
- DHFcc members are responsible for bringing sufficient liquids and food, as required, for each DHFcc ride, as well as appropriate tools/spare tubes, etc.
- DHFcc members are not to be under the influence of any drug or beverage product that could impair their riding judgment while on a DHFcc ride.
- Any and every accident on a DHFcc ride shall be immediately reported to a DHFcc Board member to be reported to Ontario Cycling (OC) through the proper reporting procedures and forms provided by OC. The list of Board members can be found on the DHFcc website.

## Skills Development

- The DHFcc encourages all riders to be comfortable and proficient with group riding before joining a DHFcc ride.
- To support rider skills development, the DHFcc will periodically hold skills development programs for road riding and/or mountain biking and/or gravel and encourages all DHFcc members to attend these programs and/or other cycling skills courses.
- Riders may be requested to complete a skills development program before attending or continuing to attend regular scheduled DHFcc rides. This applies for both road and off-road DHFcc rides.
- New or novice member are encouraged to participate in the social rides offered by the DHFcc before participating in more challenging or technically advanced rides.

