

CCCTS (Cross Canada Cycling Touring Society) SAFETY GUIDELINES

These guidelines are being circulated with the permission of CCCTS. **They are however General Safety Guidelines and not COVID specific.** They have been developed by Maureen Weston, CCCTS board member. Maureen is also a member of VG4A and participated in our Cycle Tour three times. Please note these guidelines have not been sanctioned by the province.

PRE- RIDE

- Be aware of provisions in the Motor Vehicle Act in your jurisdiction and its associated regulations governing the use of highways, public roads, mixed use paths, and cycle paths.
- Ensure your bike is safe and well serviced for expected riding conditions. Carry tools, spare tube(s), ID, emergency contact information, small first aid kit.
- E-bike riders: ensure you carry the proper tools specific to your bike and have enough battery charge to complete the ride.
- Know the ride format (ride/sweep approach or self-directed). The event leader will provide this information.

VISIBILITY

- Wear bright, reflective clothing.
- Use front and rear lights

SEEING OTHERS

- A rear view mirror is **STRONGLY** recommended.
- Use the mirror and shoulder check before pulling out into the lane or prior to passing.

RIDING PROTOCOL

- Practice PACCC riding: **P**redictability, **A**nticipation, **C**ooperation, **C**ourtesy, and **C**ommunication with fellow riders, drivers, and pedestrians.
- Ride in the bike lane. When no bike lane is present ride on the shoulder as far to the right as is safe and reasonable. Take the vehicle lane only as necessary such as narrow bridges or where the shoulder is hazardous for cycling.
- Hands on the handlebar unless signaling for a turn or to alert others of potential dangers on the road such as potholes, glass, or gravel.
- Stay focused and be aware of emerging conditions. No earbuds while riding and save conversations for coffee/lunch breaks.
- Keep a safe distance (one bike length) behind the rider in front of you. In risky situations, including steep downhills, heavy traffic, gravel, crowds of cyclists, ride at least 3 seconds or 3 bike lengths behind bike in front.
- Stay behind the leader and ahead of the sweep where this riding format is being used. Inform the leader or sweep if you are leaving the ride.
- When there is a large number of cyclists, split into smaller groups to allow motorists ease of passing.

- Ride no closer than 1m from parked cars to avoid being hit by an opening door. Where cars are parked intermittently, ride alongside them in a straight line. This increases a rider's visibility and predictability.
- Ride single file, stay in line and ride with the pace of the group, wherever possible. E-bike riders: maintain and support the group pace when leading.
- Yield right-of-way to pedestrians.

INTERSECTIONS

- When no bike lane is present enter the intersection either ahead or behind the vehicle in your lane rather than alongside it.
- Stop at all stop signs and all red lights. Do not proceed through a stop sign or a red light as part of a group. This rule also applies at 4 way stops.
- Use extreme care when making left turns at busy intersections. Never make a left turn from the right side of the road, even if you are in a bike lane. As you approach the intersection, shoulder check, signal, and when clear move over into the furthest left lane. Make eye contact with drivers where possible.
- When traffic is moving quickly the three-point-maneuver may be the safer choice. Proceed on the right straight through the intersection and stop in a safe place on the far side. Make a 90 degree left turn on the spot, and when safe either walk your bike in the crosswalk or proceed on the road as if you were coming from the right.
- Do not follow a fellow rider through an intersection, or turn left or right, without checking carefully for oncoming traffic.
- Slow down when approaching a roundabout or traffic circle and yield to all vehicles already in the roundabout. Take the lane; do not ride around the perimeter close to the curb. If you arrive at the same time as another vehicle or bike, the one on the right goes first. **CAUTION:** many drivers don't know the proper etiquette and are unpredictable.

PASSING

- Pass cyclists on the left while clearly stating, "Passing on the left" and/or using your bell. Use extreme caution when passing on a downhill. E-bike riders to use the same caution when passing on an uphill or in adverse wind conditions.
- It is permissible to pass vehicles on the right when in a bike lane or when a vehicle is turning left or indicating a left turn.
- Use caution or do not pass vehicles on the right when traffic is moving or when there is a street, driveway, or parking spot a car can turn into or when there is less than 1.5m between traffic and the curb.

COMMUNICATION

- For group riding each rider is responsible to pass information, either verbal and/or by signaling, to following riders.
- Say "stopping" and hand signal to fellow cyclists your intent to stop. When stopping move well off the road and away from intersections.
- When necessary, use the "car back" caution to warn other cyclists of an approaching vehicle.

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