



## 2021 Risk Management Plan

**Preamble** Cycling can be a dangerous activity. The NCCH has developed this Risk Management Plan to document how NCCH training rides are to be managed to reduce risks associated with cycling activities. These policies are to be practiced by NCCH members, and any permitted visiting riders as permitted by Ontario Cycling Association rules, during every NCCH ride. Each NCCH member shall receive a copy, electronic or otherwise of this Risk Management Plan and a copy shall be available on the NCCH website at: <http://www.ncch.ca>  
NCCH Incorporation The NCCH was incorporated on August 24, 2004.

**NCCH Insurance** The NCCH annually purchases General Liability Insurance coverage through the Ontario Cycling Association (OCA) for each NCCH member. General Liability Insurance is designed to protect a person (member) or any entity (Province, Club, Canadian Cycling Association) against any legal responsibility arising out of a negligent act or failure to act as a prudent person would have acted, which results in bodily injury or property damage to another party.

NCCH members will familiarize themselves with the terms of the insurance coverage. The coverage details may be accessed through the OCA website.

The NCCH must receive signed insurance waivers from each NCCH member; membership is not assigned or granted until a signed waiver is received by the NCCH Standards of Care This Risk Management Plan and all NCCH programs and rides shall adhere to the following, as applicable:

- UCI, CCA, OCA rules and regulations as they pertain to Centre Rides.
- Ontario Highway Traffic Act

While on NCCH Rides, all members must adhere to and obey all rules of the road as per the Ontario Highway Traffic Act. The Ontario Highway Traffic Act is available here: [http://www.elaws.gov.on.ca/html/statutes/english/elaws\\_statutes\\_90h08\\_e.htm](http://www.elaws.gov.on.ca/html/statutes/english/elaws_statutes_90h08_e.htm)

### **Risk Management**

General: All members of the NCCH are responsible for bringing forward to the Centre Staff any safety issues related to NCCH training sessions which present themselves throughout the riding season.

While on NCCH Rides, all members must adhere to and obey all rules of the road as per the Ontario Highway Traffic Act.

Any NCCH member on a NCCH 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 NCCH Rides must provide proof of membership in good standing prior to each ride, if requested by the Ride Leader or Centre Staff. If an ineligible will not be allowed to participate

Each NCCH Ride participant will conduct themselves in a responsible manner and retains liability for their own actions.

**Ride Leaders** A Ride Leader(s) will be appointed by the Head Coach or Coaching Director for each NCCH Ride. The Ride Leader(s) will identify himself/herself to the group so that everyone is aware of who is conducting the session. 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 NCCH Ride will have a Ride Leader.

Ride Leaders should have, at minimum;

- CI level Coaching Certification
- Vulnerable sector screening
- Completed Rowans Law concussion awareness

<https://ccnbikes.com/#!/events/ontario-cycling-association-concussion-awareness-form-coaches-officials>

The Ride Leader(s) has the final decision on all matters pertaining to the NCCH Ride and his/her decisions must be respected by all participants. The Ride Leader may appoint a designate should the situation require.

Ride Leader/s will carry cell phones for emergency use on all NCCH Rides and, from time to time, will remind riders to carry their own cell phones on NCCH Rides. Riders should immediately call 911 in the event of an emergency.

**Rides** NCCH Rides will be planned to use lesser- traveled roads where possible and practical. NCCH Rides will not run if lightning is present and will be cancelled if lightning is sighted. Riders must not be left behind during a NCCH Ride unless they first confirm with the Ride Leader(s) that they are detaching from the group; all members of the NCCH Ride are responsible for ensuring they properly notify the Ride Leader(s) if they are detaching from the group.

NCCH members are responsible for ensuring that their bicycle is in good working order before attending each NCCH Ride.

Bicycle helmets must be worn at all times while participating in any NCCH ride and other protective equipment is strongly encouraged (e.g., gloves, eye wear).

Front and rear lights are required during any NCCH 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. NCCH members are responsible for ensuring they are sufficiently fit for their desired activity.

NCCH members are responsible for bringing sufficient liquids and food, as required, for each NCCH Ride, as well as appropriate tools/ spare tubes, etc.

NCCH members are not to be under the influence of any drug or beverage product that could impair their riding judgment while on a NCCH Ride.

Any and every accident on a NCCH Ride shall be immediately reported to the Head Coach to be reported to the Ontario Cycling Association (OCA) through the proper reporting procedures and forms provided by the OCA

**Skills Development** The NCCH requires all riders to be comfortable and proficient with group riding before joining a NCCH ride. To support rider skills development, the NCCH conducts ongoing skills development sessions for road riding and/ or mountain biking.

Riders may be requested to complete additional skills training before attending or continuing to attend regular scheduled NCCH rides. This applies for both road and off-road NCCH rides.

### **COVID 19 Requirements PRACTICE:**

- Wear a mask at briefing, at stops, or when you cannot socially distance
- Stay home when you are ill.
- Follow Social distancing (**2/3** metres or 6 feet depending on current regulations)
- Wash your hands often with soap and water for at least 15-20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- When in staging areas, and start area, you must wear a mask (as recommended by health officials)
- Every person must have access to hand sanitizer with them at all times.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are ill.
- Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and wash your hands.
- If you don't have a tissue, sneeze or cough into your sleeve or arm.
- Clean and disinfect frequently touched objects and surfaces.
- Do not share bottles, towels, etc