

Hardwood Next Wave Cycling Team

Risk Management Plan

General

- 1) All Hardwood Next Wave Team (HNW) riders must have a valid UCI license to be eligible to participate in team events and training rides. Riders with a suspended license will not be allowed to participate in any team events or training rides. Riders must inform coaching staff of any changes of license status.
- 2) All HNW coaches must be registered with the Ontario Cycling Association (OCA) and be in good standing. Any changes to coaching status must be immediately reported to the HNW Board of Directors.

Training Ride Practices

- 1) All HNW riders and coaches must properly wear a safety standards association approved helmet on all training rides. Helmet, bike and riding equipment must be in good working order. Riders are responsible for ensuring equipment is in good working order prior to attending training rides.
- 2) All HNW training rides will be lead by a HNW coach. Youth pack size will be limited to 8 riders plus coach and multiple packs will be separated by at least 100 metres on the road. For Junior and Masters training sessions, pack size will be limited to 25 riders with multiple packs separated by at least 100 metres on road.
- 3) All HNW riders and coaches will adhere to the Ontario Highway Traffic Act and UCI, CCA and OCA rules as they pertain to training rides. For training rides on trail, all HNW riders and coaches will courteous of other trail users and respect all trail riding regulations and property of trail owner/management.
- 4) All HNW riders and coaches will conduct themselves in a responsible manner and retains liability for their own actions.
- 5) Any unsafe riding practices witness by HNW riders will be immediately reported to the HNW coach. All HNW riders will adhere to the instructions of the coach and any rider not adhering to the instructions of the coach or shows repeated unsafe riding practices will not allowed to participate on HNW training rides.
- 6) All HNW coaches must carry a cell phone for all training rides and strength training sessions in case of medical emergency.
- 7) All HNW riders are responsible for carrying sufficient water and food to complete a training ride as well as necessary tubes and tools in case of mechanical breakdown.
- 8) All HNW riders and coaches are required to use front and rear lights on training sessions that start before sunrise or continue after sunset.
- 9) HNW riders and coaches are not permitted to be under the influence of any drug, beverage product or medication that impairs their riding judgment while on a training ride.
- 10) All HNW coaches will follow the CCA Head Injury/Concussion Protocol.

- 11) All HNW training rides will use routes that are lesser travelled when possible and practical. All HNW riders will be made aware of training ride route prior to training ride. Any changes of time, date or place of training sessions registered at time of team affiliation will be communicated with the OCA.
- 12) All HNW coaches and riders will follow a severe weather protocol by finding immediate shelter if severe weather is encountered during a training ride. If severe weather is forecasted, affected training ride will be rescheduled or cancelled.
- 13) Any and every accident on a HNW training ride will be reported immediately to the HNW Board of Directors and reported to the OCA through the proper reporting procedure and forms.