

# Energy Cycling Club Inc. (ECC)

## Ride Policy and Procedures

Signing up for rides will be done exclusively through the Cycle Club app, which will include a COVID-19 questionnaire and a link to current OCA ride protocols (Progressive Return to Cycling Guidelines: <https://ontariocycling.org/ontario-cycling-clubs-teams/forms-literature>). A record of participants in Cycle Club will permit easy contact tracing should it be necessary. Members will be asked not to sign up for a ride more than 24 hours in advance.

1. Riders are expected to carry a mask with them to use when stopped and physical separation is not possible, as per OCA recommendations. Any additional local, and provincial COVID-19 protocols should be followed.
2. There are three ride categories for road rides, A, B and C. There are two ride categories, A and B, for gravel and MTB rides (details below). Refer to the Sanctioned Ride Policy<sup>4</sup> at the end of this document for the definition of an ECC sanctioned ride.
3. A sweep will be designated by the ride leader<sup>1a</sup> before the ride begins.<sup>1b</sup>
4. For large groups of riders at varying levels, the group will split into two groups at the start (e.g. for A/B and B/C rides). These rides will have separate leaders and sweeps.
5. Communicate regrouping points whenever necessary (e.g., bottom of descents or top of climbs, intersections, etc.).
6. All ECC rides are “no drop” rides; refer to the definition of “no drop” below.<sup>2</sup>
7. It is the designated ride leader’s responsibility to find a replacement leader should they not be able to lead a specific ride. In the event that a replacement leader cannot be found, the ride will be cancelled with advance notice to members.
8. Post the route and/or .gpx file for the ride in advance of the ride whenever possible.
9. A parent chaperone needs to be present for rides including minors.
10. MTB/trail riders are expected to adhere to follow basic etiquette.
  - a. give right of way to uphill riders
  - b. greet other trail users
  - c. pack out what you packed in.

11. The ride schedule is diverse, and the rides are meant to be inclusive, welcoming, and super fun.<sup>3</sup>

**Road Ride Categories:**

A road rides 25-30 km/h average speed

B road rides 20-25 km/h average speed

C road rides <20 km/h average speed (social pace)

**NOTE: average speed = distance travelled/moving time, i.e. not the ability to “hold” that speed.**

**Gravel and MTB Ride Categories:** Rides on dirt have more approximate average speeds as they depend on additional factors such route details, terrain, wind/trail conditions, in addition to the ability/aptitude of the group.

Gravel rides typically average about 20 km/h but vary higher or lower according to hilliness, terrain technicality, length of paved sections, and total distance. As such, A or B designations refer more to the expected overall distance/difficulty rather than the average speed.

MTB ride categories are based on local trails where B is <14 km/h average and less technical and A is >14 km/h average with more challenging technical sections. As with gravel rides, these speeds can vary according to trail conditions and route details.

**<sup>1a</sup>Role of the ride leader:**

- Do a quick introduction to identify any new riders and confirm their ECC membership.
- Indicate that all COVID-related OCA and local/provincial must be observed during the ride and at all stops.
- Give an overview of the ride, pointing out any key route details, regrouping points, busier road or trail sections, safety issues specific to the ride, steep climbs or descents, sections for single file riding, etc.
- For rides with split designations (e.g., A/B) determine the pace that everyone is comfortable to ride at and split into two groups if required.
- Share cell phone or similar contact information with the designated sweep(s) to use in case of emergency or if the group is separated for another issue (e.g., mechanical problem or flat).
- Remind all riders to point out and call out obstacles on roads or trails, and to obey the Highway Traffic Act.
- Indicate that all COVID-related protocols must be observed during all stops.
- Remind riders to notify the Tour Leader or another member if they plan to leave the ride at any time.
- In case of accident or injury, follow the concussion protocol and inform the President to document the incident (energycyclingclub.ca).

- Report any other concerns to the President.

**<sup>1b</sup>Role of the sweep:**

- Someone familiar with the ride leader's route.
- The designated sweep always rides at the end or beside the last rider.
- The ride leader and sweep should communicate during the ride and regroup where appropriate/necessary in a safe spot off the road or trail; observe all COVID-related protocols during the stop.

**<sup>2</sup>Definition of No Drop:** No Drop means not breakneck pace where other riders permanently fall of the back and are left of their own. The group will aim to stay together, but regrouping will occur if/when necessary. Communication of re-grouping points ahead of time is key!

**<sup>3</sup>New or Novice Riders:** Be accommodating to new riders that may not be as skilled by encouraging them to have fun and come out regularly to improve. In cases where a new rider is really struggling during a ride it may be best to have the sweep plus one or two other people make the ride more of a social event with no expectations. Re-group with the main group if possible (e.g., by taking a shortcut or at the end of the ride) or escort the rider back to the start/end point.

**<sup>4</sup>Sanctioned Ride Policy:** Sanctioned rides are any ECC rides that begin and end within the Niagara Region and are also part of the ride schedule registered by the Club with the OCA.

Out-of-region Events will not be sanctioned by ECC. However, out-of-region Events may involve rides or races organized by other groups that require registration and/or race licenses; these events are normally covered by their own policies and insurance. Similarly, ad-hoc (informal) out-of-region Events (e.g., a group of ECC riders organizes a group outing to Hydrocut on a Sunday) are also unsanctioned but a great way for members to explore other areas. Individual members should be make an effort to inform all ECC members of these ad-hoc Events to encourage participation (e.g., via the ECC website and/or Facebook page) and camaraderie. Refer to the Events and Race Policies for more details.