

Safety and Emergency Procedures

Front Rangers Cycling Programs – 2011

For your safety, and the safety of others:

1. ALWAYS wear a helmet at all times when on a bike!
Helmets are required for all Front Rangers bicycling activities.
2. Rules of the Road:
 - a. Ride as far to the right as is safe.
 - b. Use hand signals.
 - c. When turning, use the lane farthest to the right that is appropriate for the direction you want to turn.
 - d. Be aware – use all necessary senses (vision, hearing, voice).
 - e. Ride defensively, cars will win in every accident with a bicycle.
3. When in a group:
 - a. Use proper riding etiquette.
 - b. Point out dangers to riders behind you (e.g. glass, holes, etc).
 - c. Stick together and make good decisions for yourself first and the group second.
 - d. Indicate your intent to turn, stop, pull out of line, etc using hand signals, elbow wiggles, verbal calls, and all other means appropriate.
4. Rules of the Trail:
 - a. Know where you're going, have a map or be with someone that knows the trail.
 - b. Be courteous to other users of the trail. – Slow or yield when nearing riders or hikers coming the other way. Announce yourself when approaching from behind.
 - c. Use extra caution on all trails for which you are not as familiar.
 - d. Ride to your level. Walk, or avoid areas that are technically beyond your skills.
Control speed as appropriate for conditions, technical difficulty and your skills.
5. Bring food (e.g. PowerBar bars or drink mix) and water on all rides. The longer the ride, the more important hydration and calories become.
6. Ride with appropriate cycling gear: helmet, padded gloves, padded chamois shorts, proper fitting shoes, and a proper fitting bike.
7. Wear appropriate gear for the weather – warm, cool or cold, dry or wet – and be prepared for changes in the weather.
8. Know your limitations for time, distance, health and technical difficulty; then ride at a pace and level appropriate for you and your skill level.
9. Tell others where you are going and how long you expect to be gone.
10. If you have a cell phone carry it on the ride and exchange numbers with the ride leader(s).

In case of an emergency:

1. **STOP** any dangerous activity(s) as quickly as is reasonable.
2. **PREVENT** further danger or injury by not performing any act to make a problem worse.
3. **INFORM** the coach or closest source of help of the situation and problem.
4. Calmly listen to and follow instructions as appropriate.
5. If necessary and possible, call 911 for emergency help.