

Saddle Sisters of High Park

Rider Waiver Form and Code of Conduct - Valid for SSHP Group Rides occurring January 1, 2023 through December 31, 2023

Waiver, Release, and Indemnity

In consideration of being permitted to voluntarily participate in bicycling activities organized by Saddle Sisters of High Park ("SSHP Group Rides"), I hereby declare, agree and confirm as follows:

1. There is no medical reason that would restrict my ability to participate in SSHP Group Rides. I represent and warrant that I am, or will be at the time of SSHP Group Rides, in sufficient health and physical condition to participate in SSHP Group Rides, which I am freely electing to participate in.

2. I understand that it is my responsibility to wear a helmet while operating a bicycle during SSHP Group Rides and I confirm that my bike and bicycling equipment is in good working order, reasonably maintained and fit for the purpose intended.

3. I am aware that my participation in SSHP Group Rides involves risks and dangers, including but not limited to injury, illness, disability, and death. These can result from a variety of factors, including but not limited to fatigue; overexertion; exhaustion; muscle and joint strains; fractures; heart problems; medical illnesses and emergencies; dehydration; weather conditions; exposure to the elements or disease; visibility conditions; terrain; collisions with vehicles, other riders, and manmade and natural objects; accidents, medical problems, and other hazards; equipment failures or malfunctions, and operator errors.

I acknowledge that such risks cannot be eliminated and agree to act responsibly as a participant in SSHP Group Rides. I agree that my participation in SSHP Group Rides is voluntary, and I knowingly and freely assume all such risks and dangers.

I hereby state that I am physically capable of participating in SSHP Group Rides and that I have no pre-existing conditions that would hinder my ability to safely participate in SSHP Group Rides. I fully understand and accept the risks and dangers inherent in participating in SSHP Group Rides.

4. I have been advised by Saddle Sisters of High Park that I can obtain insurance coverage for cycling activities through the 2023 Cycling Provincial Collective Insurance Program - Enhanced Personal Accident Extension, which can be obtained by becoming a member of the Ontario Cycling Association.

5. I agree to act in accordance with the Highway Traffic Act when participating in SSHP Group Rides.

6. In consideration of being permitted to participate in SSHP Group Rides, I on behalf of myself, hereby release, waive and forever discharge the Saddle Sisters of High Park organizers and volunteers, participants (collectively referred to as the "Releasees"), of and from any and all

proceedings, claims, demands, damages, costs, expenses, loss of property, actions and causes of action (whether known or unknown) whatsoever, both in law and in equity, which I now have or may hereafter have for or by reason of or in respect of my participation in SSHP Group Rides, whether as a spectator, volunteer, participant, competitor or otherwise, and notwithstanding that same may have been contributed to, or occasioned by, the negligence of any of the Releasees.

I further hereby hold harmless and agree to indemnify all of the Releasees from and against any and all liability incurred by any or all of them as a result of, or in anyway connected with, my participation in SSHP Group Rides. I agree that this Agreement may be treated as a complete defence to any action or proceeding that may be brought against the Releasees and shall forever be a complete bar to the commencement or prosecution of any action or proceeding which is within the scope of the release contemplated under this Agreement.

The provisions of this waiver, release and indemnity shall ensure to the benefit of the respective heirs, executors, administrators, personal representatives, successors and assigns of each of the Releasees and shall be binding upon my heir's executors, administrators and personal representatives.

If any provision of this Agreement shall be held by a court of competent jurisdiction to be invalid, unenforceable or void, the remainder of this Agreement shall remain in full force and effect.

The provisions of this waiver, release, and indemnity shall be governed by the laws of Ontario.

I acknowledge and agree to the terms of this waiver, release, and indemnity.

Name: _____

Signature: _____ Date: _____

Code of Conduct

Saddle Sisters of High Park (“SSHP”) is all about riding together, having fun, and connecting with people who share our passion for cycling. We are a network of women who create welcoming experiences for new cyclists and are ambassadors for the Ontario cycling community. We encourage more women to get into cycling, and welcome all women of any cycling level and ability. All Saddle Sisters of High Park must abide by this code of conduct.

This code of conduct applies to social events, group rides and races led by the SSHP, social media spaces, interactions between SSHP members, and any other situation in which you're wearing team kit or representing SSHP, including any online spaces where it can be deemed you are appearing, intentionally or otherwise, to represent SSHP.

As a Saddle Sister, we strive to ensure that our network creates an atmosphere that is welcoming and respectful for all members at all times regardless of factors such as race, ethnicity, national origin, gender expression, religion, age, disability, and the like. Everyone who attends events/rides hosted by SSHP should always experience a safe and positive environment. Our main goal is safety but we definitely can have fun at the same time. SSHP is committed to upholding an organization that is free from bias, prejudice and harassment – whether verbal, physical or visual.

SSHP members should conduct themselves in a manner that avoids behavior that could be reasonably construed as discrimination or harassment, sexual or otherwise. Sexual harassment includes sexual attention, sexually oriented comments or statements, to or in the presence of a person who does not welcome such conduct, or creating an intimidating, hostile or offensive environment. Sexual harassment also includes harassment that is based on gender; that is, conduct that would not occur except for the gender of the person harassed.

To uphold this commitment, each member or guest of the team is responsible for creating and maintaining an atmosphere free of discrimination and harassment, sexual or otherwise. Everyone should be comfortable and welcomed to all our rides.

Treat all other persons with respect regardless of factors such as gender, race, ethnicity, national origin, sexual orientation, gender identity or expression, religion, age, or disability. In plain terms, if a team member feels that another member's behavior is making them uncomfortable, for any reason, then the onus falls on the offending member to stop immediately, even if that member feels their comments are intended to be humorous or inoffensive. If the offence continues then the removal from the SSHP race team, SSHP Strava group and/or SSHP Discord channel could be a possibility.

Understand that discrimination or harassment, or unwanted and continued sexual advances, comments toward other persons, or stated in general, will not be tolerated.

The Saddle Sisters of High Park share the responsibility of ensuring that this Code of Conduct is followed. Members are required to report any inappropriate actions or behavior to the Ride Leader (of that current ride) and they are responsible for following up on a reported violation of this Code of Conduct. Violations of this Code of Conduct may be grounds for removal from Saddle Sisters of High Park Strava Club and Discord channels and/or a ban on attending future SSHP events.

SSHP members are expected to:

- Be a positive example to other riders and be a positive ambassador for cycling in Ontario.
 - Display good sportsmanship.
 - Practice safe cycling behavior
 - Respect the pace posted in the sign up for each ride
 - Consider the safety and comfort of other riders, as well as other users of the trail or road.
 - Knowing hand signals and when to use them.
 - Following the rules of the road
 - Communicate well, both on the bike and off.
 - Treat others respectfully and kindly.
 - Respect the ride leader safety guidelines.
 - Be your best self and take the moral high ground.
 - Make sure your interactions are consensual. If someone indicates your attention or presence is unwelcome, respect their boundaries.
 - Come prepared with equipment to change your own flat tire, we'll definitely help you since teamwork makes the dream work.
 - If someone is making you uncomfortable, you have the right to let them know, if you feel safe doing so. You also have the right to notify the Ride Leader, who may choose to take action to end any inappropriate behavior.
 - If you witness someone behaving in a way that violates the code of conduct, you bear responsibility for reporting it, even if you are not the target of that inappropriate behavior.
- Have fun and help others have fun.
- Cycling is a great sport and we're lucky to be able to participate!

Name: _____

Signature: _____ Date: _____