

Daring Adventures

SECTION: Programs

TOPIC: Cycling

REVIEWED: New

LAST REVISION: 07-26-2016

APPROVAL: Program Committee

DATE: 07-26-2016

1.0 PURPOSE:

- 1.1 To provide guidelines for conducting the cycling program in a safe and effective manner that promotes physical fitness, confidence, socialization, independence and fun for people with a wide variety of abilities. The cycling program is based upon progression from a beginners level to advanced.

2.0 POLICIES:

- 2.1 Helmets with chin straps clipped and closed toe shoes must be worn by all staff, volunteers, and participants when cycling. Staff/Volunteer will check each rider before the ride begins.
- 2.2 Staff will have first aid kit during all activities.
- 2.3 At least one staff or volunteer must accompany each rider or group of riders - Day programs must be in ratio in accordance with DDD regulations.
- 2.4 A staff member or volunteer must have a cell phone and be in the vicinity of each rider or group of riders.
- 2.5 Staff will determine difficulty of ride based upon assessment of participants.
- 2.6 Any accident or close call must be reported to program manager as soon as possible. An accident report must be filled out as soon as possible by the staff member or the volunteer who was with the individual or group.
- 2.7 Immediately once lightning is spotted, all riders must turn around and return to the bike storage facility immediately. If lightning is in the immediate vicinity, riders should take cover in the nearest shelter and wait until lightning ceases. For additional information, see "Inclement/Severe Weather" policies and procedures.
- 2.8 Staff will always remain with participant after the conclusion of the program until all participants have been picked up.

3.0 PROCEDURES:

- 3.1 Staff and volunteers will ensure cycles are in proper working order.
- 3.2 Select bike for each participant that best meets their needs.
- 3.3 Select helmet that fits securely and ensure chin straps are properly fastened.

- 3.4 Show participant how to work the brakes, pedals and any specific functions of the cycle and make sure that they understand how the bike works.
- 3.5 Staff should conduct general review for all riders to show participants how to communicate with other cyclists around them, including: “on your left”, “stopping” and hand signals for turning right and left.
- 3.6 Participants will follow a 3-level progression based on skills and proficiency.
 - 3.6.1 Level 1: Red Light Green Light on track
 - 3.6.2 Level 2: Up and Over the Hill
 - 3.6.3 Level 3: Open Trail
- 3.7 When on roads, bike single file and with traffic. Use hand signals to communicate with motor vehicle drivers.
- 3.8 Obey all posted signs.
- 3.9 Always stop bike at road crossings and look both ways before crossing.
- 3.10 Encourage participants to wear bright colors .
- 3.11 Show participant how to park the bike when done.
- 3.12 Spray helmet after each use with disinfectant.
- 3.13 Staff or volunteer will remain with participants after conclusion of program until everyone has been picked up.