## Cycling Standards

### Equipment

- An appropriately sized bicycle (The teacher must inform parents that bicycles must be in good repair and should be checked by a bicycle mechanic).
- Correctly fitting bicycle helmet approved by CSA, Snell, ANSI, ASTM, British or Australian standard,
- Sun protection,
- Appropriate clothing,
- Closed toed shoes, and
- No Walkmans, Discmans etc.

### Instruction

- Length and difficulty of trip must be commensurate with age and ability of students.
- Teacher should postpone trip if there is indication of threatening weather that could put student safety at risk.
- Attention should be given to:
  - Temperature of the day,
  - Length of time in sun,
  - Previous training, and
  - Length of preparation.
  - Topography and Wind Direction

### Supervision

- Ratios in accordance with age/grade level, as outlined in section A, Levels and Methods of Supervision.
- For trips with overnight camping (see Summer Camping guidelines)
- Duties of leaders must be clearly outlined by the teacher.
- A buddy system should be used to help ensure student safety.
- Direct supervision is required for all sites close to the school, e.g., school playground, neighbourhood park.
- A designated leader must stay in the front of the pack to set the pace while traveling on roadways and trails. Another leader must stay at the back of the pack.
- Regularly scheduled regrouping stops should occur.
- Cycling pace should be adjusted to accommodate the least able participants.
- Cycling Safety Procedures should be reviewed in case of bicycle breakdown.

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**Prior to any off-campus cycling activities the students should receive instruction regarding:**

- *The Rules of the Road* as laid out in the *Yukon Motor Vehicles Act*
- Part 13 *Yukon Motor Vehicles Act*
- Correct positioning on bicycle
- Cycling courtesy:
  - Cycle in the same direction as others a safe distance from bicycle in front to allow for sudden stops,
  - Cycle in single file,
  - Cycle on the right, pass on the left,
<table>
<thead>
<tr>
<th>Equipment</th>
<th>Instruction</th>
<th>Supervision</th>
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| For cycling trips that are greater than 2 hrs each participant must have the above equipment as well as the following:  
- Water Bottle(s), and  
- Route map.  

For extended cycling trips with overnight camping, in addition to the above see *Outdoor Education standards and Guidelines-Summer Camping* for additional equipment required.  
As well, each participant must have:  
- Waterproofing method for essential items (sleeping bag, change of clothes, medication etc.).  

For all cycling activities group equipment must include:  
- First Aid Kit (with extra supplies to treat road rash),  
- Bicycle tool kit(s) w/pump(s) contents will vary according to the size of the group and the duration of the trip,  
- Adequate water supply, and  
- Adequate supply of spare tubes and parts.  

For cycling activities that are greater than 2 hours long, group equipment must include a satellite, radio or cell phone (or

- and  
  - Announce your intention to pass by saying, “passing on your left”;

**Before leaving for the activity:**  
- An initial riding pre-test (safety emphasized) should be passed before leaving school property,  
- All participants must be made aware of an emergency procedure in case of an accident, and  
- Group riding protocol must be reviewed.

**NOTES:**  
The Department of Community and Transportation Services has cycling safety pamphlets and workbooks available for distribution to students. They also have a lending library of cycling safety videos.

Upon request the RCMP will come into the classroom and discuss cycle safety. Phone 667-5551.
### Equipment

other) as appropriate.

### Route selection:
- Choose routes carefully in terms of the length, gravel & paved road surfaces, frequency of traffic, complex intersections and railway crossings.
- Prior to initial use of route, teacher should do a safety ride-through to address safety and suitability.

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<th>Equipment</th>
<th>Instruction</th>
<th>Supervision</th>
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