

# Cycling Standards

Suggested for Grades K – 12  
 Cycling for grades K-3 should be on school grounds only

Equipment	Instruction	Supervision
<p><b>For more comprehensive outdoor education equipment lists please refer to the Yukon Outdoor Education Resource Book available through the Resource Centre #RB0536Y</b></p> <p><b>For all cycling activities each participant must have:</b></p> <ul style="list-style-type: none"> <li>• An appropriately sized bicycle (The teacher must inform parents that bicycles must be in good repair and should be checked by a bicycle mechanic),</li> <li>• Correctly fitting bicycle helmet approved by CSA, Snell, ANSI, ASTM, British or Australian standard,</li> <li>• Sun protection,</li> <li>• Appropriate clothing,</li> <li>• Closed toed shoes, and</li> <li>• <b>No</b> Walkmans, Discmans etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Length and difficulty of trip must be commensurate with age and ability of students.</li> <li>• Teacher should postpone trip if there is indication of threatening weather that could put student safety at risk.</li> <li>• Attention should be given to:                             <ul style="list-style-type: none"> <li>– Temperature of the day,</li> <li>– Length of time in sun,</li> <li>– Previous training, and</li> <li>– Length of preparation.</li> <li>– Topography and Wind Direction</li> </ul> </li> </ul> <p><b>Prior to any off-campus cycling activities the students should receive instruction regarding:</b></p> <ul style="list-style-type: none"> <li>• <i>The Rules of the Road</i> as laid out in the <i>Yukon Motor Vehicles Act</i></li> <li>• Part 13 <i>Yukon Motor Vehicles Act</i></li> <li>• Correct positioning on bicycle</li> <li>• Cycling courtesy:                             <ul style="list-style-type: none"> <li>– Cycle in the same direction as others a safe distance from bicycle in front to allow for sudden stops,</li> <li>– Cycle in single file,</li> <li>– Cycle on the right, pass on the left,</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Ratios in accordance with age/grade level, as outlined in section A, Levels and Methods of Supervision.</li> <li>• For trips with overnight camping (see Summer Camping guidelines)</li> <li>• Duties of leaders must be clearly outlined by the teacher.</li> <li>• A buddy system should be used to help ensure student safety.</li> <li>• Direct supervision is required for all sites close to the school, e.g., school playground, neighbourhood park.</li> <li>• 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.</li> <li>• Regularly scheduled regrouping stops should occur.</li> <li>• Cycling pace should be adjusted to accommodate the least able participants.</li> <li>• Cycling Safety Procedures should be reviewed in case of bicycle breakdown.</li> </ul>

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<p><b>For cycling trips that are greater than 2 hrs each participant must have the above equipment as well as the following:</b></p> <ul style="list-style-type: none"> <li>• Water Bottle(s), and</li> <li>• Route map.</li> </ul> <p><b>For extended cycling trips with overnight camping, in addition to the above see <i>Outdoor Education standards and Guidelines-Summer Camping</i> for additional equipment required.</b></p> <p><b>As well, each participant must have:</b></p> <ul style="list-style-type: none"> <li>• Waterproofing method for essential items (sleeping bag, change of clothes, medication etc.).</li> </ul> <p><b>For all cycling activities group equipment must include:</b></p> <ul style="list-style-type: none"> <li>• First Aid Kit (with extra supplies to treat road rash),</li> <li>• Bicycle tool kit(s) w/pump(s) contents will vary according to the size of the group and the duration of the trip,</li> <li>• Adequate water supply, and</li> <li>• Adequate supply of spare tubes and parts.</li> </ul> <p>For cycling activities that are greater than 2 hours long, group equipment must include a satellite, radio or cell phone (or</p>	<p>and</p> <ul style="list-style-type: none"> <li>– Announce your intention to pass by saying, “passing on your left”;</li> </ul> <p><b>Before leaving for the activity:</b></p> <ul style="list-style-type: none"> <li>• An initial riding pre-test (safety emphasized) should be passed before leaving school property,</li> <li>• All participants must be made aware of an emergency procedure in case of an accident, and</li> <li>• Group riding protocol must be reviewed.</li> </ul> <p><b>NOTES:</b> 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.</p> <p>Upon request the RCMP will come into the classroom and discuss cycle safety. Phone 667-5551.</p>	

Appendix 20 - Cycling Standards

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<p>other) as appropriate.</p> <p><b>Route selection:</b></p> <ul style="list-style-type: none"> <li>• Choose routes carefully in terms of the length, gravel &amp; paved road surfaces, frequency of traffic, complex intersections and railway crossings.</li> <li>• Prior to initial use of route, teacher should do a safety ride-through to address safety and suitability.</li> </ul>		