

Club Safety Information

Updated February 28, 2013

This section of the website contains information of general use submitted by the Safety Director. Herein is contained the suggested safety reminders for the next year.

Feb 13, 2013 Safety Committee Meeting from Connie Garrison

Website safety blurbs

There are a couple (probably more) ways to initiate and post these safety blurbs. We discussed having a moving trailer across the top of the webpage with the safety announcement of the month. This would need to be very brief, and would probably be best to have a button that leads to another page of more detailed information. The other way is to just have a box on the webpage announcing the safety announcement of the month, and then a button (click here) that leads to more information.

Ride leaders should be encouraged to reinforce and expand on the safety blurbs at rides during the month. Discussion and questions encouraged.

Here are the proposed safety blurbs. The month can be filled in as we see fit, and they can be shuffled to any order. I came up with a lucky 13 of them. They should be added to as issues and topics arise.

(February) is Get Ready to Ride month

- Choose your proper group (speed/distance/ability)
- Check your bike for safety (tires, tubes, chain, gears)
- Have the proper equipment (helmet, water, extra tube, tires, tools and pump)
- Bring emergency ID and contact information, including ICE in your phone

_____ is Safe Start month

- Listen to the safety briefings
- Ask questions if necessary
- Form your ride group and ID your leader and sweep
- Make a SLOW, ORDERLY departure
- Allow space(two bike lengths to start) behind the bike in front of you

- Depart in single file
- Don't clip in until you are steady and rolling

_____ is Single File Riding awareness month

- Legal to ride double in some circumstances, but safest to ride single file
- Less talking (distraction)
- Less change in pace and position in the group (when you have to merge, everyone behind you must slow down and change pace and position – increases risk of accidents)

_____ is 3 ft safety zone month

- All vehicles must give bikes a 3 ft space when passing
- Bikes are vehicles, so must also give a 3 ft space when passing another bike
- Keep three feet from the bike ahead of you (minimum)
- Keep three feet from the bike behind you (minimum)
- Maintain your 3 ft zone of safety all around you

_____ is good communication awareness month

- Use verbal signs to alert others –they may miss hand signals
 - Passing
 - Bikes/cars up or back
 - Slowing/stopping
 - Hazards
- Don't overuse verbal warnings – eventually people ignore them
- Communicate ANY issues to the ride leader or sweep
 - Problems with another rider (illness, speed, erratic)
 - Hazard issues on the route
 - Traffic issues

_____ is Personal Responsibility Month

- YOU are responsible for an accident-free ride
- YOU are responsible for your own fitness to ride
- YOU are responsible for proper and well-cared for equipment
- YOU are responsible for stopping the ride if it becomes unsafe or problems develop
- YOU are responsible to be sure the ride rules and safety advisories are followed

_____ is Good Riding Citizen month

- Be extra polite and vigilant towards cars
- Follow traffic laws
- Do not respond to actions or words of antagonistic drivers
- Smile at drivers when you ride
- Communicate and negotiate with drivers as you ride

_____ is Rear End Accident awareness month

- Over 70% of our accidents are caused by a rider hitting the bike in front of them
- Last year, rear end accidents resulted in multiple fractures, broken bones and other injuries resulting in hospitalization
- ONLY YOU can keep your bike from hitting the rider in front of you
- This is the ONLY 100% preventable accident stat we have

_____ is ID and ICE month

- Proper ID information is required of all riders (on your helmet tag or on your person)
 - Name, address, phone number
 - Emergency contact name and phone number
 - Medical issues or medications
 - Any other important information
- ICE must be in your cell phone

- “In Case of Emergency”
- Current and correct phone number of your emergency contact
- Keep this information CURRENT and UPDATED

_____ is Bike Advocacy month

- Be a good bike citizen
- Talk to others about biking benefits
- Talk to non-bikers about driver/bike issues
- Invite or bring guests to club rides
- Hand out CCBC business cards to interested people

_____ is Road Position Awareness month

- Ride 2 feet from the curb or pavement edge if the road is 14' lane
- If lane is less than 14', ride in the right vehicle track
- Ride 3 feet when passing another bike
- Ride 4 feet from a line of parked cars (avoid doors opening)
- At traffic lights and stop signs, safest place is to be in the middle of the lane just like a vehicle

_____ is Ride Feedback month

- Continuous feedback is important to assure safe and fun rides
- Note and comment on what is working and what you like
- Note and comment on what problems you see and suggestions
- Thank people who helped make the ride safe and fun
- Be sure the ride leaders and sweep know your feedback

_____ is Ride like You Drive month

- Ride DEFENSIVELY
- Err on the side of caution – wait for the next light, let the cars turn ahead of you, YIELD
- Constantly scan in front of you, to the sides of you and to your rear

- Will need a mirror to watch your rear
- Look further ahead than the bike ahead of you – you don't drive looking just at the bumper ahead of you, do you?
- Anticipate actions of others (bikes, drivers and pedestrians)
- Scenario play in your head – what would I do if suddenly (this happened?)
 - Helps you to be ready if it does happen
 - Keeps your mind on the ride