

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CYCLING—RECREATIONAL

Cycling involves riding bicycles, unicycles, tricycles, and other human-powered vehicles (HPVs). For the purposes of this safety checklist, recreational cycling refers to non-competitive cycling for pleasure or as a mode of transportation.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced cyclist capable of demonstrating and teaching basic cycling skills, road safety as well as organizing/leading group rides as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students aware of potential risks involved in cycling

Cycling and road safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Students demonstrate competency of skill/fitness prior to longer rides

Difficulty of ride is appropriate for student's development/capabilities

* See camping checklists for safety information when camping overnight.

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Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

Riders are briefed on the route and potential hazards prior to ride

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries and lost students

Supervisor has list of students on the course

Instructor has recently ridden the course

Pre- and post-ride check-in system is in place

Facility/Course/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to ride

Appropriate permits for travel route or permission to use off-road properties have been obtained

When applicable, map with route and hazards clearly marked is used; hazards on route are clearly marked and safe passage around the hazards is possible

Courses are of appropriate length/challenge for rider's ability

Support vehicle is available for riders, if applicable

Buddy system is used when riding, if possible

Equipment

Equipment to be used is suitable and in good condition

Equipment (bike, brakes, and tire air pressure, etc.) are checked regularly

Bike is correct size for participant

Bicycle repair kit, including pump, is accessible

Portable music players and other electronic devices are not permitted on rides as they create distractions

Safety vests for lead and sweep riders are worn when road riding

First aid kit and phone are available

Clothing/Footwear

Correctly fitted CSA/Snell/ANSI/ASTM-approved helmet is worn at all times

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing (proper fit and visibility) is worn for conditions

Suitable protection from the weather is used (e.g., hat, jacket, sunglasses, sunscreen)

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting into the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan has been encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher