



***Gear Up** for fun, for a
challenge, for a cure*



Cycling Safety

Cyclist Safety Pledge

While riding in the tour I understand I will...

- Wear my helmet.
- Ride single file.
- Use common sense and courtesy toward motorists and cyclists.
- Stay at the scene of an accident, in accordance with the Highway Traffic Act.
- Yield to passing riders and not be a road hog.
- Call out my intentions to riders behind me: "slowing, stopping, turning," and call out road hazards: "gravel, hole, tracks."
- Use traffic hand signals and obey traffic signs.
- Call out to riders that I am about to pass: "on your left."
- Shoulder check.
- Not ride in a pace line or draft behind riders I don't know.
- Not wear headphones.
- Ride defensively and be aware of other riders, vehicles and pedestrians.
- Provide immediate supervision to my cycling children ages 17 and under.

I understand I will be ejected from the Tour if I repeatedly and flagrantly violate this safety pledge.

While on the road...

- THE ROADS AND HIGHWAYS ARE NOT CLOSED BECAUSE OF THE TOUR. Be aware of traffic, pedestrians and even wildlife.
- GIVE CARS THE RIGHT OF WAY.
- At the start, cyclists are close together. GIVE PLENTY OF ROOM.
- Be especially careful when fatigued. CONCENTRATE.
- NEVER leave the scene of an accident.

Rules of the Road

- As a cyclist you are subject to the same rules of the road as a motor vehicle.
- You can be issued a \$57 fine for riding next to another cyclist.
- You can be issued a \$287 fine for failing to stop at a stop sign.

Common Mistakes, TO AVOID

- Following too closely behind other cyclists or cars.
- Not moving safely off the pavement when stopping to rest.
- Not moving fully into a checkpoint area and out of the path of on coming cyclists.
- Not keeping clear of road-edge hazards, such as low branches and parked vehicles.
- Not riding single file on the road.

Riding in Wet Weather

- Allow for longer braking distances.
- Brake more gently on slick surfaces. Use the front brake less.
- Turn and accelerate more gently to prevent sliding on slick surfaces.
- Avoid riding through puddles, which can often hide deep potholes.
- After riding in the rain, lubricate your bike chain to help prevent rust.

Safety Reminders

- Respect fellow riders and their levels of cycling experience. Most participants are recreational riders. This is NOT a competitive race; it is a fundraising event to help Albertans living with MS.
- Do not block Checkpoint entrances. Move fully into a checkpoint area and safely out of the path of oncoming cyclists.
- Make sure vehicle drivers see you. Make eye contact with drivers before turning.
- Stay aware of road-edge hazards, such as loose gravel, drains, trash, low branches and parked vehicles.
- If slowing for any reason, clearly and loudly call out "SLOWING."
- If stopping for any reason, clearly and loudly call out "STOPPING."
- Ride in the shoulder of the road, to the right of the white line.