

Cycling Standards

Suggested for Grades K – 12

Cycling for Grades K-3 should be on school grounds only

Equipment

For all cycling activities, each participant must have:

- An appropriately sized bicycle. The Educator 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,
- headphones are not permitted while cycling.

For cycling trips that are greater than 2 hrs each participant must have the above equipment as well as the following:

- water bottle(s), route map, and
- waterproofing method for essential items (sleeping bag, change of clothes, medication etc.).

For extended cycling trips with overnight camping, review *Outdoor Education standards and Guidelines-Summer Camping* for additional equipment required.

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,
- sufficient 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 other two-way communication device) as needed.

Route selection:



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- Choose routes carefully in terms of the length, gravel & paved road surfaces, frequency of traffic, complex intersections and railway crossings.
- Before going on the route, Educators should do a safety ride-through to address safety and suitability.

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 for the day,
 - length of time in sun,
 - previous training,
 - length of preparation, and;
 - topography and wind direction.

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 courtesies:
 - 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, 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.



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- All participants must be made aware of an emergency procedure in case of an accident.
- Group riding protocol must be reviewed.

Additional Information:

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 Royal Canadian Mounted Police (RCMP) will come into the classroom and discuss bicycle safety. Contact your local RCMP detachment in the communities. The Recreation and Parks Association of the Yukon (RPAY) also helps coordinate these cycling education sessions.

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 standards.
- Duties of leaders must be outlined by the teacher prior to the trip.
- A buddy system is encouraged 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.

