



## Habitat of Cape Cod Cycle Classic Safety Plan

A portion of the bicycle rides associated with the Cape Cod Cycle Classic will be on roads open to automobile traffic. As bicycles are considered vehicles in MA, Habitat Cape Cod Cycle Classic participants will be instructed to share the road with cars, abide by all traffic laws (ride right side of the road, signal turns and stop at stop signs and red lights), and ride single file and follow these safety precautions:

1. Helmets must be worn by all participants
2. Participants must wear proper appropriate clothing (highly visible and tight)
3. Participants under the age of 18 must be accompanied by an adult or guardian during the entire ride
4. We discourage the use of aero bars for safety reasons
5. All participants will begin together on September 23, 2018 at the Aptuxet Trading Post Museum. Participants will be given cue sheets. Routes are properly marked with volunteers and signage
  - a. Participants riding the 10 mile route will not come into contact with any automobile traffic on the Canal Service Road
  - b. Participants riding the 40 mile route will ride a portion of the route on the Shining Sea Bike Path with no automobile traffic. Participants are expected to ride 15 mph, stay right and give audible signal when passing walkers or other riders
  - c. Cue sheets will be labeled with areas of caution and indicate when riders should dismount and walk their bikes
  - d. Participants will be extra careful when crossing roads that intersect with the bike path
6. Riders should consider using front and rear (red) facing lights as they enhance visibility
7. Riders should make sure their bikes have been properly maintained (correct tire pressure, lubricated chain, proper fit/seat height, brakes checked) prior to the ride
8. Both routes will be supported by SAG (Support and Gear) Wagons. These volunteers will assist riders who may break down, need cycle maintenance, or may be unable to complete the route
  - a. Also recommended that riders carry a spare tube or patch kit, tire levers and water bottles
9. The 40 mile ride will be supported by "Moto Marshalls" who will ride the route back and forth on motorcycles or automobiles in case there is a stranded rider or need for SAG Wagon pick up
10. All Habitat Cape Cod Cycle Classic participants are required to sign a waiver and to provide emergency contact information.
11. Riders will be required to wear wristbands with their emergency contact name and phone number written on them.
12. No cell phone use while riding. Stop and dismount off route to make or answer calls
13. All riders will have the emergency phone number for a central contact person