



## Habitat for Humanity of Cape Cod Ride for Homes Safety Plan

A portion of the bicycle rides associated with the Ride for Homes will be on roads open to automobile traffic. As bicycles are considered vehicles in MA, Habitat Cape Cod Ride for Homes 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 (bright) 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 22, 2019 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 should use extra caution 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 break down, need cycle maintenance, or are unable to complete the route.
  - a. It is recommended that riders carry a spare tube or patch kit, tire levers, water bottles and a credit card or cash.
9. The 40 mile ride will be supported by two "SAG Wagons" who will be on the route to provide assistance.
10. All Habitat Cape Cod Ride for Homes 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.
12. No cell phone use while riding. Stop and dismount off trail or road to make or answer calls.
13. An emergency phone number for a central contact person will be provided to all riders. Riders should use the number provided if assistance is required.