

Cycling Standards

Suggested for Grades K – 12
Cycling for grades K-3 should be on school grounds only

Equipment	Instruction	Supervision
<p>For more comprehensive outdoor education equipment lists please refer to the Yukon Outdoor Education Resource Book available through the Resource Centre #RB0536Y</p> <p>For all cycling activities each participant must have:</p> <ul style="list-style-type: none"> • An appropriately sized bicycle (The teacher 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, and • No Walkmans, Discmans etc. 	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> – Temperature of the day, – Length of time in sun, – Previous training, and – Length of preparation. – Topography and Wind Direction <p>Prior to any off-campus cycling activities the students should receive instruction regarding:</p> <ul style="list-style-type: none"> • <i>The Rules of the Road</i> as laid out in the <i>Yukon Motor Vehicles Act</i> • Part 13 <i>Yukon Motor Vehicles Act</i> • Correct positioning on bicycle • Cycling courtesy: <ul style="list-style-type: none"> – 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, 	<ul style="list-style-type: none"> • Recommended Leader:Student ratios: 1:7 (min. 2 leaders) • For trips with overnight camping (see Summer Camping guidelines) • Duties of leaders must be clearly outlined by the teacher. • A buddy system should be used 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.

Equipment	Instruction	Supervision
<p>For cycling trips that are greater than 2 hrs each participant must have the above equipment as well as the following:</p> <ul style="list-style-type: none"> • Water Bottle(s), and • Route map. <p>For extended cycling trips with overnight camping, in addition to the above see <i>Outdoor Education standards and Guidelines-Summer Camping</i> for additional equipment required.</p> <p>As well, each participant must have:</p> <ul style="list-style-type: none"> • Waterproofing method for essential items (sleeping bag, change of clothes, medication etc.). <p>For all cycling activities group equipment must include:</p> <ul style="list-style-type: none"> • 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, • Adequate water supply, and • Adequate supply of spare tubes and parts. <p>For cycling activities that are greater than 2 hours long, group equipment must include a satellite, radio or cell phone (or other) as appropriate.</p>	<p>and</p> <ul style="list-style-type: none"> – Announce your intention to pass by saying, “passing on your left”; <p>Before leaving for the activity:</p> <ul style="list-style-type: none"> • An initial riding pre-test (safety emphasized) should be passed before leaving school property, • All participants must be made aware of an emergency procedure in case of an accident, and • Group riding protocol must be reviewed. <p>NOTES: 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.</p> <p>Upon request the RCMP will come into the classroom and discuss cycle safety. Phone 667-5551.</p>	

Equipment	Instruction	Supervision
<p>Route selection:</p> <ul style="list-style-type: none"> • Choose routes carefully in terms of the length, gravel & paved road surfaces, frequency of traffic, complex intersections and railway crossings. • Prior to initial use of route, teacher should do a safety ride-through to address safety and suitability. 		