



2024 HCC Ride Guidelines

What to Expect

All participating Handcycling Club of Canada's (HCC) members will adhere to the rules set forth in the HCC Risk Management Plan. Participants are expected to communicate to the Club (handcyclingCA@gmail.com) they plan to attend a ride no less than 24 hours before the event and provide an update if plans change.

Expectations and What To Bring

- All HCC members must wear and fasten their approved cycling helmets when riding
- Handcycles with seat belts must be fastened and other safety gear, such as shoes and gloves are strongly recommended
- All HCC members riding must carry personal identification and emergency contact information (ID bracelets recommended)
- Handcycles must be equipped with a mirror to see behind the rider (fastened to handcycle, helmet or sunglasses)
- Handcyclists must be able to perform transfers independently or bring someone to help them in and out of their equipment
- All road handcycles and adaptive mountain bikes (aMTB) must fly a flag at least 3 feet off of the ground or trail
- The use of earphones and/or ear buds, for listening to devices such as MP3 players, are prohibited at all HCC events
- All HCC members riding must assume full responsibility for following the route as outlined by the Ride Leader at the start of the ride. If leaving the ride early or electing not to come to the final destination, riders must make every effort to contact the Ride Leader of their decision

The Ride Leader, who is a member trained by the Club, will outline the route to participants before the event begins. Participants are responsible for reporting every incident to the Ride Leader or member of the Club Executive. The HCC Executive is responsible for reporting details of the incident to Ontario Cycling.

Ride Cancellations

If a ride is to be cancelled for any reason, the Ride Leader will communicate through email to the participants that have send emails within 12 hours of the ride start.



Additional Ride Guidelines

Handcyclists who participate in group rides with the HCC must understand how to ride safely with others.

Because of the different skill levels of our members, it is important to establish a partnership with member(s) of similar skill, so no one gets unintentionally left behind. It is easier for handcyclists to be visible on the road or trail while riding in groups versus riding solo. The Ride Leaders will communicate this before each ride.

When riding in groups, handcyclists should be aware of the traffic on the road or trail and ride accordingly. When a road or trail is busier, handcyclists should ride in single file. When a road is not busy, handcyclists can ride side by side, and work on paceline skills together. Because of the size of road handcycles, the safest paceline work is usually done in small groups, ranging between 2 to 6 handcyclists.

Communication in group riding is extremely valuable. Members are expected to be in constant communication when riding together so nothing unexpected happens on the road or trail. Each HCC member is responsible for her or his own safety and well-being.