

## **Guidelines for SAA Members**

These are some common sense guidelines for our members to practice on running and cycling group training sessions. These are meant to promote safety first and courtesy to your fellow participants and others you may encounter while training. Please communicate with your fellow members and conduct yourself as safely as possible.

### **General**

- Please use extra caution when wearing headphones while running or cycling. Ensure you can hear traffic and other hazards around you and you can hear your fellow cyclists / runners. Suggestion: only use one side so one ear is open and you can hear traffic.
- Point out or announce obstacles or potential hazards.
- Let someone in your group know if you are changing or altering your route so others can be aware if you are not back as expected.
- Be prepared for the weather conditions and be self-sufficient with nutrition, extra equipment, supplies, tools, cell phone, money and clothing that may be necessary.
- Consider bringing ID with you in the event of an accident. If you have serious allergies or medical conditions consider wearing a bracelet or other identification that would inform a first responder in the event you are not able to communicate this information. Having an emergency contact telephone number in with your ID is also recommended.

### **Running**

- When running, please stay on sidewalk or if that is not possible stay one side of the road rather than taking the whole lane or road.
- Run against traffic whenever possible so you can see the approaching traffic.
- Please announce "BIKE UP" or "CAR UP" if you notice one coming up behind your group or ahead, in a lane or driveway.
- Please announce "ON YOUR LEFT" if you are overtaking or passing a pedestrian.
- Use caution when crossing roads at unmarked intersections.
- Please use crosswalks whenever possible when running.

### **Cycling**

- When cycling, you MUST follow the rules of the road. You have the same rights and duties as a driver of a vehicle. Be courteous and respectful to vehicles on the road and hopefully they will be respectful back to cyclists.
- Ride on the road with traffic.
- Ride as near as practical to the right side of the road
- When riding next to cars parked, ride a safe distance away from the car and be aware of doors opening.

- If there is a designated bike lane, ride in it.
- When stopped at traffic lights ensure you are in the “thru” lane and don’t block the right turn lane if you’re not turning right. Also be aware of the cars turning right in front of you, especially at intersections.
- Ride in single file especially on busy roads. You may ride two abreast if you can stay within a designated bicycle lane or if traffic permits (i.e. quiet country road). If vehicles are encountered, please move back to single file.
- Ride behind the rider in front of you. Do not ride with your front wheel to the side and overlapping the rear wheel of the rider in front of you, as he may move to the side contacting your front wheel and sending both of you to the ground.
- If you are drafting, ensure the rider in front of you is aware you are drafting so he/she doesn’t brake suddenly.
- Please use proper hand signals to identify obstacles/hazards, turning and braking to cyclists behind you. If you are unsure of what hand signals to use, please ask a fellow SAA rider to show and explain these hand signals.
- When riding in a pack be alert to the riders in front of you and be prepared to brake. Be aware of riders to the side of you, if you need to swerve to avoid an obstacle.
- Avoid riding in the “Aero” position if you are riding in a close pack as your hands will not be near the brakes.
- If you are at the back of the cycling pack and a car is approaching from behind, please announce “CAR BACK” to your fellow riders ahead of you.
- If you are at the front of the cycling pack and a car is approaching from in front of you or you are approaching a vehicle in front of you, please announce “CAR UP” to your fellow riders behind you.
- If you pass a rider in front of you pass on the LEFT side and announce you are passing, unless you’re racing him/her and you don’t want to tip them off that you’re about to pass them. In races passing on the right will get you disqualified.

These guidelines were developed by the Steveston Athletic Association executive. July 2008