

CYCLING

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
ALL GRADES			
<p>Have students inspect bikes before use for working brakes and inflated tires.</p> <p>Wear CSA approved and correctly fitting bicycle helmets. Helmets reduce the potential for injury.</p> <p>Have one rider carry a bicycle tool kit.</p> <p>Have the supervisor carry a first aid kit.</p> <p>Flourescent jackets/vests should be worn interspaced throughout the group.</p> <p>Communication equipment is recommended.</p>	<p>Choose routes carefully in terms of the length, amount of gravel and pavement, frequency of traffic, and number of complex intersections and railway crossings.</p> <p>Prior to initial use of route, have teacher do a safety ride-through to address safety and suitability.</p> <p>For off-road routes, obtain permission of landowner.</p>	<p>Elementary students may only participate in in-city excursions.</p> <p>Review and emphasize the safety procedures to be followed (including group riding procedures) before activities begin.</p> <p>Leave a record of students and the route they will be traveling in the school with an appropriate person.</p> <p>Make students aware of emergency procedures in case of an accident.</p> <p>Racing is not a suitability in class activity.</p> <p>Use a buddy system (no walkmans, etc).</p> <p>Inform parents that cycling will take students off school property.</p>	<p>Provide in the area supervision.</p>