



### Top 10 Non-COVID Safety Focus

1. We ride as a team.
2. Respect and follow the Ride Captain's instructions
3. Ensure your bike is road ready and you are stocked & prepared for minor repairs
4. Day or night, ride with working front and back lights (no functioning lights no ride)
5. Know and use your voice calls and hand signals
6. Have your membership card with emergency contact details accessible for each ride (**If you haven't seen yours look for an e-mail from support@ontariocycling.org for yours**)
7. Spirited riding  $\neq$  reckless riding
8. Never overlap wheels or "half-wheel" at the front or from behind
9. Remember the 8 second countdown rule at traffic lights for small to medium sized groups. Extend this time for larger groups
10. Never cross the yellow line unless safe to do so and to avoid an accident