



## Habitat for Humanity of Cape Cod Ride for Homes Safety Plan

A portion of the bicycle ride associated with the Ride for Homes will be on roads open to automobile traffic. As bicycles are considered vehicles in MA, Habitat Cape Cod Ride for Homes participants will be instructed to share the road with cars, abide by all traffic laws (ride right side of the road, signal turns, and stop at stop signs and red lights,) and ride single file and follow these safety precautions:

1. Helmets must be worn by all participants.
2. Participants must wear proper appropriate clothing/highly visible (bright) and tight.
3. Participants under the age of 18 must be accompanied by an adult or guardian during the entire ride.
4. We discourage the use of aero bars for safety reasons.
5. All participants will begin at the Aptuxet Trading Post Museum. Participants will be given cue sheets. Routes are properly marked with volunteers and signage.
  - a. Participants riding the 12-mile route will not meet any automobile traffic on the Canal Service Road.
  - b. Participants are expected to ride 15 mph, stay right and give audible signal when passing other riders or walkers.
  - c. Cue sheets will be labeled with areas of caution and indicate when riders should dismount and walk their bikes.
6. Riders should consider using front and rear (red) facing lights as they enhance visibility.
7. Riders should make sure their bikes have been properly maintained (correct tire pressure, lubricated chain, proper fit/seat height, brakes checked) prior to the ride.
8. The route will be supported by a SAG (Support and Gear) Wagon. These volunteers will assist riders who break down, need cycle maintenance, or are unable to complete the route.
  - a. It is recommended that riders carry a spare tube or patch kit, tire levers, water bottles and a credit card or cash.
9. All Habitat Cape Cod Ride for Homes participants are required to sign a waiver and to provide emergency contact information.
10. Riders will be required to wear a wristband with an emergency contact phone number of our central contact person.
11. No cell phone use while riding. Stop and dismount off trail or road to make or answer calls.