



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 shall share the road with cars, abide by all traffic laws (including but not limited to riding on the right side of the road, signal turns, stopping at stop signs and red lights, and riding single file.) In addition, participants must follow these safety precautions:

1. No cell phone use while riding. Stop and dismount off trail or road to make or answer calls.
2. Helmets must be worn by all participants.
3. Participants should wear proper appropriate clothing, e.g., bright, highly visible, and tight fitting.
4. Participants under the age of 18 must be accompanied by an adult or guardian during the entire ride.
5. We discourage the use of aero bars for safety reasons.
6. All participants will begin at the USCG Station Cape Cod in Sandwich, MA. Participants will be given cue sheets. Routes are properly marked with volunteers and signage.
 - a. Participants riding the 14-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 signals 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.
7. Riders should consider using front and rear (red) facing lights to enhance visibility.
8. 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.
9. 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.
10. All participants are required to read and sign a waiver and provide emergency contact information.
11. Riders will be required to wear a wristband with the emergency contact phone number of our central contact person.