

## SAFETY GUIDELINES FOR GROUP RIDES

1. **Rules of the Road Still Apply** – Stop at red lights and stop signs. Always ride in the direction of traffic.
  2. **Ride Single File** – This is the best and safest way. Always share the road and trails with others.
  3. **Wear a Helmet** – TOPCA has a mandatory helmet policy for all participants in our cycling events.
  4. **Signal Your Turn** – Use appropriate hand signals. If not turning right, stay out of the right turn lanes at intersections.
  5. **Don't get Distracted** – Know what (who) is around you. Don't use cell phones or head phones.
  6. **Be Predictable** – Make changes gradually and steadily. Sudden moves increase risk of an accident.
  7. **Ring Your Bell** – Alert others of your approach. Pass pedestrians or other cyclists on the left (never pass on the right).
  8. **Ride at least one metre away** from parked cars in case the driver's door suddenly opens (avoid risk of "dooring").
  9. **Be Courteous** – You are an ambassador of the Mississauga cycling community!
  10. **Parents/Guardians are Responsible for their Children** – You may allow your your children to ride on the sidewalk.
- COMMON SENSE** – Just because you have the right of way, doesn't mean it is safe to utilize it!