

Safety Plan

Pedal Play - Kanata North Mobile Bike Rodeo

Activity Summary and Purpose:

Pedal Play is a free mobile bike rodeo where participants will cycle a pre-determined route and participate in a number of fun, interactive 'safety activity' learning stations located along the way.

The purpose of the Mobile Bike Rodeo is to encourage children and parents to cycle in their community, and provide them with the tools to do it safely. Three demographics groups will be targeted:

- Younger children; (primary school), to be capable of biking to school or their community park, safely with increased competence and confidence (Children must be accompanied by a parent or designated adult, also on a bike);
- Older children; (high school), to learn that they are a vehicle under the Highway Traffic Act, and gain the knowledge to cycle accordingly; and
- Adults; to become familiar with:
 - the applicable portions of the Highway Traffic Act (incorporating the legislative changes to Bill 31; Transportation Statute Law Amendment Act (Making Ontario's Roads Safer), which came into effect 01 Sep, 2015, and are directed at encouraging cycling, promoting road safety, and sharing the road),
 - and the set fines.

Participants will cycle through Kanata north, using both road ways and pathways, stopping at several activity stations to learn safe cycling practices, and how bicycles are regulated under the Highway Traffic Act.

Participants will start (and finish) at W. Erskine Johnston Public School, 50 Varley Drive. The approx 7 km route has been designed to demonstrate safe routes throughout the community, connecting schools and community centres.

Participants will learn and practice:

- their hand signals;
- crossing intersections and crosswalks;
- how to safely navigate roundabouts, and busy crossovers;
- straight line riding;
- balance and coordination while riding;
- proper position on the road;
- how to cross speed bumps;
- how to share multiuse paths;
- how to climb with proper gear shifting
- how to confirm their helmet fit; and
- how to do a basic bike maintenance check.

Along the way they will also learn Highway Traffic Act regulations applicable to cyclists.

Pedal Play is FREE and is being sponsored by the Kanata Beaverbrook Community Association, with support and assistance from Councillor Wilkinson's advisory committee - Transportation Action Committee Kanata North (TACK), Safer Roads Ottawa, and EnviroCentre's Sustain Kanata North project.

Registration start times will be staggered to avoid congestion on the route. Start times are between 1:00 pm and 2:30 pm with the event concluding at 4:00 pm

Safety Considerations:

As noted above, the purpose of this event is to raise bike safety awareness in the community for children, teens and adults, through active participation in various activity stations.

The route has been carefully designed on the basis of selecting the safest and most convenient means of commuting to the various schools, parks and community centres in Kanata North. The route includes a variety of multi-use paths, quiet side streets, wide streets with good visibility and paved shoulders, making use of crossing points where City of Ottawa crossing guards are normally stationed on school days. The route has been ridden and confirmed suitable for the purpose and demographics of this particular activity, by _____, a certified CANBIKE 4 instructor.

Participants will learn and practice safe riding principals in accordance with the Highway Traffic Act. They will be guided through safe navigation practices of street crossings and roundabouts.

Each bike safety activity will be led by a qualified CANBIKE 4 graduate or other safety professionals including representatives from the Ottawa Police or OPP, Ottawa Public Health, Ottawa Safety Council, Safer Roads Ottawa and Mobi Velo (for bike maintenance).

A volunteer roster list (a work in process), with all contact info, First Aid Qualifications, and actual station location will be given to all volunteers. Most volunteers will be carrying cell phones.

There will be a several first aid trained contacts, on and off bikes with cell phones, capable of acting as emergency responders at the event. Additionally, members of the city of Ottawa Paramedic Bike Unit will be on site throughout the event. While several volunteers will carry First Aid Kits on their bikes, a more complete First Aid Kit will be located at W. Erskine Johnston Public School, which is the both the start and finish location for the event.

The nearest hospital with emergency facilities is the Queensway Carleton; 3045 Baseline Road, Ottawa, Ontario K2H 8P4, 613-721-2000

All participants will submit a signed waiver. All participants under the age of 18 will have a waiver signed by an adult.

All participants will be wearing an approved helmet (e.g. no hockey helmets).

Younger children (under the age of 10) will be accompanied by a parent or parent designate.

Groups will be lead through the route by designated bike leaders.

Note: This event is really not applicable to children younger than five. However; if younger children do come (on bike carriers with their parents), that is acceptable (and actually encouraged).

At registration, children with medical issues must be made known to the group and a parent of that child (or designated adult) is responsible for having medicines, etc on hand (epi pen etc) and be trained on dealing with any related emergency for their child. That parent (or designated adult) must accompany the child throughout the route.

Attachments:

- Insurance waiver;
- Volunteer roster with contact info; and
- Event Plan including route and all station activities.