



# NIAGARA HOSPICE GRAN FONDO

## SAFETY INFORMATION FOR PARTICIPANTS





# RULES & GUIDELINES FOR THE NIAGARA HOSPICE GRAN FONDO

Safety is our #1 priority and we do everything we can to make our ride as safe as possible. Please familiarize yourself with the safety information below.

Please note: The roads on all of the routes are NOT closed to traffic, so it's extremely important to ride safely and follow all traffic signs and laws.

1

## WEAR A HELMET

We require that you always wear a helmet when you're on your bike. No exceptions!

2

## BE AWARE OF YOUR SURROUNDINGS

Make sensible choices.

3

## RIDE SINGLE FILE

Don't ride more than two abreast. Traveling in groups of more than two riders side by side makes it difficult for both cars and other riders to pass safely.

4

## OBEY ALL TRAFFIC DEVICES

Stop at all red lights and stop signs.



**All proceeds  
benefit**





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**5**

## COMMUNICATE

Communicate with your fellow cyclists and alert them with standard biking terms like "on your left!" Point out any hazards in the roadway to cyclists behind you.

**6**

## COOPERATION

Follow directions given by law enforcement and fire safety personnel, course Marshals and other ride volunteers.

**7**

## STAY VISIBLE

Be safe, be seen! It is very important to be visible to vehicles while out on the road. High visibility and reflective clothing greatly increase your visibility when riding!

**8**

## FOLLOW CUE SHEETS

You will be given cue sheets that list every turn and mileages on the route. Each turn is marked with signage to reduce the possibility of getting lost. Cue sheets also include emergency contact information.

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## BE A CONSCIOUS CYCLIST

Do not engage in "road rage" with vehicles on the road or other cyclists. Practice patience and take deep breaths if situations occur on the road.

**10**

## KNOW WHAT TO DO IN AN EMERGENCY

If there is a serious medical emergency, dial 911. For minor situations or bike repairs, the phone number for ride staff is located on your cue sheet. Please report emergencies to our staff immediately.

**11**

## STAY HYDRATED

Drink lots of water, eat lots of snacks, and wear sunscreen! There will be several pit stops along the routes with water, gatorade, and snacks. Please stop if needed.

**12**

## HAVE FUN!

The Niagara Hospice Gran Fondo is not a timed ride. Remember to have fun and enjoy the scenic routes! For more information on bicycle safety please visit: <https://www.nhtsa.gov/road-safety/bicycle-safety>.



**All proceeds  
benefit**





# 5 Minute Inspection

Written by Natasha Grief, Bicycling Magazine

Most cyclists, if they check their bikes at all, wait to do it five minutes before the group is about to start rolling. What's the point? No one's going to wait for you to fix a cracked frame or a torn sidewall. Be one of the smart ones: Give your bike this once-over after each ride, so you're ready to go at the drop of a hat—or helmet.

## Quick-Release

**Check for:** Side-to-side play in the wheel; QRs or skewers that aren't tight or secure

**How?** Make sure quick-releases are closed all the way, and that bolt-on skewers are securely fastened.

**On your next ride:** Your wheel won't come loose and detach from your bike midride.

## Wheel

**Check for:** Trueness

**How?** While spinning the wheel, watch the distance between the rim and the brake pad. It should be uniform for the entire rotation. If it wobbles, the wheel needs truing.

**On your next ride:** Your wobbly wheel won't lead to more serious problems, such as a shudder while descending or brake pads rubbing.

## Brakes

**Check for:** Grit on the pads, caliper alignment

**How?** If your brakes feel gritty, clean the pads with a rag and degreaser; replace pads if the grooves are worn more than 50 percent compared with new pads. Calipers are aligned if the pads are equidistant from the rim.

**On your next ride:** You won't go to grab the levers only to roll right through the stop sign at the bottom of the hill.

## Tires

**Check for:** Low tire pressure, embedded glass, slices in the tire or sidewall

**How?** Inflate tires to proper pressure, and carefully remove embedded debris with tweezers. A cut tire or sidewall is prone to a blowout and shouldn't be ridden; replace it.

**On your next ride:** Your chances of flatting will greatly decrease, and you may have prevented a nasty midride blowout.

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## Seat Bag

**Check for:** Supplies you may have depleted on your ride

**How?** If you used something during a ride, replace it so it's there for the next ride. If your spare tube has been in there for a while, give it a quick inspection to make sure it's still intact.

**On your next ride:** You'll have a spare tube and CO2 cartridge to lend to the guy who didn't follow this post ride checklist.

## Cleats

**Check for:** Loose bolts and overall wear

**How?** Worn-out cleats won't engage as crisply. You'll know when they've just plain quit on you, then it's time for new cleats. Bolts can loosen over time. If your cleat isn't secure to your shoe, tighten the bolts.

**On your next ride:** Your foot won't pop out without warning, and you won't tumble to the ground because you couldn't disengage your cleat.

## Frame

**Check for:** Cracks, especially at the joints

**How?** Using a rag and bike polish, wipe dirt and moisture from your frame. Look for cracks, flaking paint and other irregularities.

**On your next ride:** You'll either be on your bike because you didn't find a crack, or you'll be on your way to the shop for a pro evaluation. If your carbon frame is cracked, don't mess around. Failure could be catastrophic.

# The ABC's: Air, Brakes, Chain



## A

**A is for Air:** Having properly inflated tires helps prevent flats. Check the sidewall of your tire for the recommended tire pressure. While you're checking the air, take the opportunity to ensure your quick-release levers and thru axles (if you have them) are properly tightened as well. Then, before you ride, make sure you have your patch kit and pump with you.

## B

**B is for Brakes:** Squeeze your front and rear brake levers to make sure that the brakes engage properly and smoothly.

## C

**C is for Chain:** Look at your chain and all the gears. Keeping your chain lubricated and everything clean will ensure your bike shifts easier and the drivetrain (made up of the front chain rings, rear cassette, rear derailleur and chain) last longer



## KNOW & OBEY ALL TRAFFIC LAWS

The golden rule of bicycling in a group is to be predictable!



## OBEY ALL TRAFFIC SIGNS & SIGNALS

Avoid "following the leader" through traffic signs and signals.



## STAY RIGHT!

Ride in the right portion of the rightmost lane in the direction you are traveling. Leave at least 4' between your handlebars and parked cars, other hazards or riders.



## LOOK & SIGNAL

Avoid "following the leader" through traffic signs and signals.



## UNPLUG

Headphones or ear buds are NOT permitted. This is so you can hear traffic and safety warnings.



## 2 AT A TIME

Ride no more than two abreast and do not impede traffic.



## BE VERBAL!

Communicate during the ride to let others know about hazards and your movements.



## ON YOUR LEFT

Call this out before your pass someone. If you hear it, a rider is approaching your left side. Allow them room to pass.



## SLOWING

The cyclist in front of you is slowing down. Use caution and prepare to stop. Use the palm of your hand towards riders behind you to indicate slowing and stopping.



## STOPPING

This indicates that a rider ahead is stopping. Do not forget to unclip from your pedals.



## CAR BACK

This means a car is approaching from the rear. All riders make an effort to move to the right of the road in a single file until the car passes.



## GRAVEL/POTHOLE/ TRACKS

Each of these messages is to alert the rider behind you of hazardous road conditions. The words are combined with the gesture of pointing to the hazard well in advance.



# HEAT-RELATED EMERGENCIES

## WHAT TO DO

During the hot summer months, it's important that our participants, volunteers and staff stay healthy. Learn how to recognize a heat-related emergency and what to do to treat it.



### Condition



### Common Symptoms



### First Aid

#### HEAT STRESS

Heat stress is a potentially dangerous condition that occurs when the body is unable to regulate its temperature. Heat stress places a burden on the body, especially the heart.

- Dizziness
- Rapid Heartbeat
- Diarrhea/cramps
- Nausea
- Throbbing headache
- Dry skin (no sweating)
- Chest Pain
- Weakness
- Breathing problems
- Mental confusion

- Move the person to a cool place
- Give the person a half glass of water every 15 minutes for one hour
- Stop giving fluids if the person vomits

#### HEAT EXHAUSTION

**Heat exhaustion is more serious than heat stress.**

It is caused by failing to replenish fluids that are lost in perspiration.

- Dizziness
- Nausea
- Sweating
- Near normal body temperature
- Clammy Skin
- Pale or flushed skin
- Weakness

- Move the person to a cool place
- Have the person lie on their back, with feet elevated
- Fan the person and sponge with cool water
- Offer water every 15 minutes
- **Get medical help**

#### HEAT STROKE

**Heat stroke is a medical emergency.** It can cause permanent damage to the brain and vital organs, or even death. Heat stroke can occur when the body can't cool itself because its temperature regulating system is overwhelmed. **Heat stroke can occur suddenly, with little warning.**

- No sweating--or in some cases, profuse sweating
- High temperature (105 F or more)
- Hot, dry, flushed skin
- Confused, delirious behavior
- Loss of consciousness or coma

**CALL FOR MEDICAL HELP IMMEDIATELY. THEN START FIRST AID:**

- Move the person to a cool place
- Cool the person's body temperature quickly by sponging with cool water or fanning
- Treat for shock
- Offer the person a half glass of water every 15 minutes