



# 2018 MEMBERSHIP APPLICATION

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_\_

\*Date of Birth: \_\_\_\_\_

\_\_\_\_\_

POSTAL CODE

<b>YES</b> , I would like to be member of the Northumberland Hills Cycling Club!	TOTAL DUE	<b>\$40</b> or <b>\$45</b>
		(before April 1, 2018) (after April 1, 2018)

### COLLECTION OF PERSONAL INFORMATION

I hereby consent to the Northumberland Hills Cycling Club's collection and/or possession of all personal information set out in this application form as well as any personal information which I may have previously provided to the Northumberland Hills Cycling Club. I hereby consent to the Northumberland Hills Cycling Club's use of this personal information from time to time to advise me of activities and meetings of the Northumberland Hills Cycling Club, to contact an appropriate person in the event of an emergency or accident affecting me and to apply and enforce any by-laws of the Northumberland Hills Cycling Club. By my execution of this application for membership, I hereby consent to these uses and disclosures of my personal information.

The undersigned by executing this application below hereby applies to become a member of the Northumberland Hills Cycling Club from January 1st of the current year to December 31st of the current year. In consideration of the Northumberland Hills Cycling Club accepting my application for membership, I agree to abide by all by-laws of the Northumberland Hills Cycling Club and general rules of conduct as may be established from time to time by the Northumberland Hills Cycling Club or its Board of Directors and to further abide by all regulations and requirements of the Highway Traffic Act (Ontario) during my participation in all Northumberland Hills Cycling Club activities

By signing I acknowledge that I have read and understood the WAIVER, RELEASE AND INDEMNITY below. as well as THE RISK MANAGEMENT POLICY.

\_\_\_\_\_  
Applicant's Signature:

\_\_\_\_\_  
Date:

### WAIVER, RELEASE AND INDEMNITY

I am aware that by signing this application I am waiving substantial legal rights, including the giving up of my right to sue.

I understand and agree that my participation in events, programs, or activities organized, operated, conducted, and/or sanctioned by the Northumberland Hills Cycling Club ("the Club") is conditional upon my execution of this document.

I am aware that cycling involves the possibility of injury or death, and I accept these risks and all others arising from all events and programs, even if arising from the negligence, gross negligence, or negligent rescue by those associated in any way with the Club, events and programs I may be involved in, the venues at which these events and programs take place or by those organizing, officiating, or participating in these events and programs throughout the year, including their respective officers, directors, employees, sponsors, agents, servants, volunteers and representatives (the "Releasees").

I understand that all applicable rules for participation and the rules, regulations, and by-laws of the Club must be followed and that **SOLE RESPONSIBILITY FOR MY PERSONAL SAFETY REMAINS WITH ME**, including my physical and emotional preparation and fitness to participate in all events and programs throughout the year, and that I undertake and agree to remove myself from participation if I sense or observe any unusual hazard or unsafe condition, or if, at any time, at any event or program, I feel unable or unfit to safety continue for any reason.

I give, a **FULL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS** that I have, or may have in the future, against the Club, and all other Releasees from all liability for any loss damage, injury or expense that I may suffer as a result of my participation in any part or parts of the events or programs or my presence at any venue at which they may take place, due to any cause whatsoever including the forms of negligence set forth above or from any breach of contract or statutory duty or other duty of care including any duty of care owed under the relevant Occupier's Liability Act, on the part of the Releasees.

I **AGREE NOT TO SUE** and I further agree **TO INDEMNIFY AND SAVE HARMLESS** the Releasees from all expenses, fees, liability or damage award or cost of any type whatsoever arising from my participation in these events or programs.

**I HAVE READ AND UNDERSTOOD THIS WAIVER, RELEASE AND INDEMNITY. I am aware that by signing this agreement I am waiving substantial legal rights (on my behalf and on behalf of my heirs, executors, administrators and next of kin), including the giving up of my right to sue.**

\_\_\_\_\_  
Applicant's Signature:

\_\_\_\_\_  
Date:

Mail completed application to: Northumberland Hills Cycling Club, c/o 155 Peacock Blvd., Port Hope ON L1A 4E4 or bring completed application and payment to the start of your first ride and give to the ride leader.

OFFICE USE ONLY Payment Rec'd Date: \_\_\_\_\_

Cash

Cheque



Welcome to the **Northumberland Hills Cycling Club**. We hope that membership with our club will provide you with Fun, Fitness and Friendship—the foundation upon which our Club was created.!

• **Rides with the NHCC are for members only.**

Members may participate in unlimited rides. Non-members may ride as a Guest for \$5 per ride up to a maximum of 3 rides after which a full membership is required. The guest fees paid would then be deducted from the balance payable. Guests must bring a signed Guest Waiver which is available for download under the MEMBERSHIP section of the website.

• **Safety is top Priority**

Riding in a group will require special care and caution from all members. Cyclists must adhere to the Highway Traffic Act Some of the important rules include:

- Do not ride on, or cross the yellow center line
- Stop at all stop signs
- Always use appropriate arm signals when making a turn
- Do not pass others on the right
- Always pass on the left, ensuring a safe distance and announce your approach by saying, "On your left!"

**IMPORTANT NOTE ON SAFETY**

Safety is the number one priority and is both a right and a responsibility of **every** club member. ALL club members have the right, and are encouraged, to speak up and correct others who demonstrate safety risks.

• **Arrive on Time, Ready to Ride**

It's recommended that you arrive 10 or 15 minutes early in order to deal with last minute details, discuss the route, or have someone check over a little something on your bike if necessary. Rides leave at the posted time and if you are a few minutes late you will likely miss the ride. Also, there are usually a few pre-ride announcements that occur and you wouldn't want to miss them!

• **Route Maps**

Members should either carry a printout of a map (if one was posted) or have access to it via cell phone. Having a map and learning to navigate is important for developing confidence in following a map and also provides a safety precaution in the unlikely event that you get lost.

• **Club Jerseys**

NHCC club jerseys are: *We carry a very limited supply of jerseys. If we don't have one instock you can pre-order one and they'll come when we place the next order*  
Tech T: \$40  
Sleeveless: \$65  
Short Sleeve: \$75  
Long Sleeve (Light): \$80  
Long Sleeve (Heavy): \$85

**How to know when and where rides start?**

Details about each and every ride will be posted on the website a few days before a ride. The start time, location and any other relative information will be included.

**TIP!**

Most members use the "subscribe" feature on the website to receive email notifications about all upcoming rides. It's also how we convey last minute cancellations or other changes.



**Get Ready for your first Ride!**

The Club has established a list of inexpensive yet indispensable essential items that every rider is expected to have with them at all times. Flats happen—more often than you think. Even if you don't know how to change a flat tire, having the necessary tools can ensure that someone else can assist in getting you rolling again.

**Mandatory**

- a bike helmet
- spare tube that fits your bike
- pump or CO<sub>2</sub> cylinder w. valve for inflating your tube
- a patch kit for flat tires
- tire levers
- identification with emergency phone contact
- a bell for your bike
- Put your NHCC membership card in your saddle bag.

**Highly Recommended**

- money (for those roadside ice creams!)
- cell phone (emergencies—they happen)
- saddle bag to carry your "mandatory" items
- front and rear lights for your bike (The Highway Traffic Act requires this if you will be riding from 30 minutes before sunset until 30 minutes after sunrise.)



## Group Cycling Etiquette

**Be Predictable**—This may be the most important rule and it involves every aspect of riding from changing positions in the group to following the traffic rules. If unpredictability is part of your riding style, you are a hazard to yourself and everyone else who has the misfortune to ride with you. When the group stops at an intersection and people scatter all over it's confusing and irritating to drivers of vehicles as they approach. Groups should maintain integrity when approaching intersections by staying in the correct lane, stopping together, and starting together.

**Don't Overlap Wheels**—Some do it from lack of concentration, others may just not know any better, but sooner or later there will be a crash. All it takes is for the person in front to move sideways a few inches and if someone's wheel is overlapping his, that someone will go down along with practically everyone who is behind him.

**Be Steady**—When everyone is travelling in a group, maintain a steady speed as you go to the front. It's much easier and pleasurable to ride behind someone who's speed is constant. Sometimes steady doesn't just mean speed. It means steady pressure on the pedals...uphill or downhill, headwind or tailwind. When you are following someone like this, life is good! When they are following, they don't make sudden moves or they know how to control their spacing by using their body position instead of using the brakes. Sudden braking sets off general alarms from everyone in the rear and make you unpopular. If you do use the brakes, feather the front brake only and keep pedaling against the resistance.

**Announce Hazards**—When you are in the lead, you are responsible for the safety of everyone behind you. You will become unpopular very quickly if people behind you keep bouncing off of potholes, running over glass, or reacting to unsafe traffic situations that you fail to point out. You need to be very vocal when approaching intersections, slowing, stopping, or turning and all actions should be smooth and deliberate. Sudden, unannounced actions can throw the group into chaos. Riders in the pack should relay these warnings to the rear. When you are following, announce oncoming traffic from the rear...in this case others should relay this info toward the front.

**Don't Leave Stragglers**—If you get separated at intersections, as a matter of courtesy, the lead group should soft pedal until the rest have rejoined. Another note here is that if you are the one who will be caught by the light, don't run the red light. As a courtesy to those who may not be able to stay with the group, the pack should wait at certain points along the route to regroup, especially, at turn points. No one should be left alone on a group ride.

**Know Your Limitations**—Choose the right group to ride with and the right route. The Northumberland Hills Cycling Club has three different pace groups: the *Non-Stoppers*, the *Regular Group*, and the *Scenic Group*. Usually there are options for various distances on the Thursday and Sunday longer rides. If you are looking for shorter easier rides, the Monday and Wednesday rides might be optimal. Choose a pace group and a ride distance that you can be comfortable with.

**Climbing**—If you need to stand, shift up a gear to compensate for the slower cadence and stand up smoothly keeping a steady pressure on the pedals, avoiding abrupt changes in speed. It takes a little practice, but your riding buddies will be glad you spent the time learning how to do it right.

**Descending**—The leader must overcome a much greater wind resistance as the speed increases. If you are leading, keep pedaling. If you are following, back off a couple of bike lengths to compensate for the effects of drafting. If you are closing on the rider in front, sit up and let the wind slow you or use light braking if necessary to maintain spacing.

**Passing other riders**—Whenever you are passing another cyclist, it's expected that you will pass on the left (just like an automobile). Prior to approach, communicate clearly and loudly enough to be heard, "On your left!" so that the person who you are approaching knows to expect you. Provide a **safe distance** as you pass. Do not pass so closely as to surprise and startle the person you are passing.

**Passing on the right**—We don't do it. :)

**Riding on the sidewalk**—Again, we don't do it.

**Signal**—Signaling lets everyone (vehicles and riders) know your intentions. This makes you **predictable**. When possible, it's a good idea to make eye contact with oncoming traffic at intersections. Use your **right** arm straight out to signal a **right** turn and your **left** arm straight out to signal a **left** turn. Combine these with loud vocal warnings of your intentions.

