Cycling for **Fun, Fitness and Friendship**

2026 Welcome Package

All 2026 Memberships expire on December 31st, 2026

NORTHUMBERLAND HILLS
CYCLING CLUB

Contents

Welcome to the NHCC!

Dear Member,

On behalf of the Board of Directors, welcome to the Northumberland Hills Cycling Club (NHCC) — We're glad you're here!

NHCC exists to bring people together through cycling — for Fun, Fitness, Friendship, and a shared enjoyment of the roads and landscapes of Northumberland County and beyond where we pedal.

Our club includes riders of many backgrounds, abilities, and experiences, and we take pride in creating an environment that is welcoming, supportive, and respectful. As you'll see throughout this Welcome Package, we believe strongly in two principles:

Every rider is an individual, responsible for their own decisions and safety.

Riding together makes us stronger, safer, and more connected when we communicate well and look out for one another.

You are never required to ride beyond your comfort level, participate in drafting or pacelines, or push yourself to "keep up." Our Ride Leaders are there to guide, support, and help the group ride smoothly — not to pressure or judge.

We encourage questions, conversations, and learning. Group riding is a skill, and like any skill, it develops over time. Whether this is your first club ride or your fifteenth season, there is always room to grow, adapt, and enjoy the ride.

We hope this Welcome Package helps you feel informed, confident, and excited to ride with us. If you ever have questions, concerns, or suggestions, please reach out — we value your voice in our club.

We look forward to riding with you.

Warm regards,
The Board of Directors
Northumberland Hills Cycling Club

Randy Albon
President

Anita Macklin
Secretary

Paul Lam
Treasurer

Helmut Bock
Director

Janine Turk
Director

Jason Cotton
Director

New Member **Quick Start**

Your First Rides with the NHCC

This one-page guide highlights the essential steps and expectations to help you feel confident and prepared for your first ride with the Northumberland Hills Cycling Club. You do not need to read the entire Welcome Package before riding.

STEP 1 **Set Yourself Up** (10 minutes)

Create your **Cycle Club App** account This is how you find rides, RSVP, get updates, and communicate with Ride Leaders.

- Sign up at cycleclubapp.com
- Use the same email as your NHCC membership
- Add your Emergency Contact information

No smartphone? No problem. Cycle Club works on a desktop browser.

STEP 2 **Choose the Right Ride** (Be Kind to Yourself)

- Start easier than you think you need
- Levels range from 1 (slow & easy) to 4 (fast & challenging)
- Riding at a lower level is encouraged — not a setback
- You can always move up on future rides
- If unsure, ask the Ride Leader — they're happy to help

STEP 3 **RSVP** & Arrive Prepared

- Click "Going" in Cycle Club
- Arrive 10–15 minutes early
- Introduce yourself to the Ride Leader

Bring with you (required):

- Helmet
- Flat-repair kit (tube, pump or CO2)
- Bell

Highly recommended:

- Water, phone, lights, small saddle bag

Need help?
secretary@northumberlandhillscyclingclub.com
905-269-6815

STEP 4 **What to Expect** on the Ride

- A short ride briefing before rolling out
- Clear pace and regroup points (when applicable)
- Friendly support — no pressure to "keep up"
- Riding single within the group is always acceptable
- Drafting or pacelines are never required
- If you're struggling: Tell the Ride Leader early — it helps us support you better

STEP 5 **Know the Basics** (This Matters)

- Follow traffic laws
- Ride predictably and communicate hazards
- Never run lights to catch the group
- Everyone rides at their own risk
- Ride Leaders guide the group — they don't judge fitness or skill

STEP 6 **After the Ride**

- Ask questions
- Share feedback
- Learn at your own pace

Group riding is a skill. Improvement happens over time.

Quick Reassurance

- You don't need a fancy bike
- You don't need to be fast
- You do need to ride safely and respectfully
- You belong here.

Ready? Your next step is simple: RSVP to a ride and show up. We'll take it from there.

Get Ready to Ride!

Get ready to Ride...A Checklist!

We are so happy you've decided to join the NHCC!
For the best experience in the Club:

- [ ] Sign up for a Cycle Club account in order to RSVP to rides www.cycleclubapp.com

CYCLE CLUB

You can install the app on your mobile phone, or use it on your desktop computer!

Things to do before your first Club Ride:

- [ ] Inspect your tires for wear and condition, and pump up your tires to the recommended PSI
- [ ] Visually inspect your brakes for obvious deficiencies
- [ ] Test ride your bike and test that brakes and gears work as expected
- [ ] Lube your chain with bicycle chain specific lubricant
- [ ] Make sure handlebars, pedals, seatpost etc. are all secured
- [ ] Check the fit of your bicycle helmet
- [ ] Review all SAFETY information available on the website

SAFETY

Things to have with you on a ride

Required

- [ ] a bike helmet
- [ ] tire repair kit: spare tube that fits your bike, pump or CO_2 cylinder w. valve for inflating your tube, tire levers and a patch kit for flat tires
- [ ] a bell for your bike
- [ ] Emergency Contact information **in your saddle bag**.

Highly Recommended

- [ ] money (for those roadside ice creams!)
- [ ] cell phone (emergencies—they happen)
- [ ] water bottles for hydration
- [ ] saddle bag to carry your "required" items
- [ ] front and rear lights (required by law from 30 minutes before sunset until 30 minutes after sunrise)
- [ ] rear-view mirror
- [ ] personal first aid kit

SAVE THE DATE

Cycling Safety Training

Monday May 4, 2026 at the Baltimore Recreation Centre (6:00–8:00pm)

This 2-hour cycling safety training session is strongly recommended for everyone—Even those who have taken safety training before will benefit from refreshing their knowledge and learning about the latest updates. The training takes place indoors–you are not required to bring your bike.

RSVP using the "Going" feature the Events calendar of your **Cycle Club** account

CLUB JERSEYS

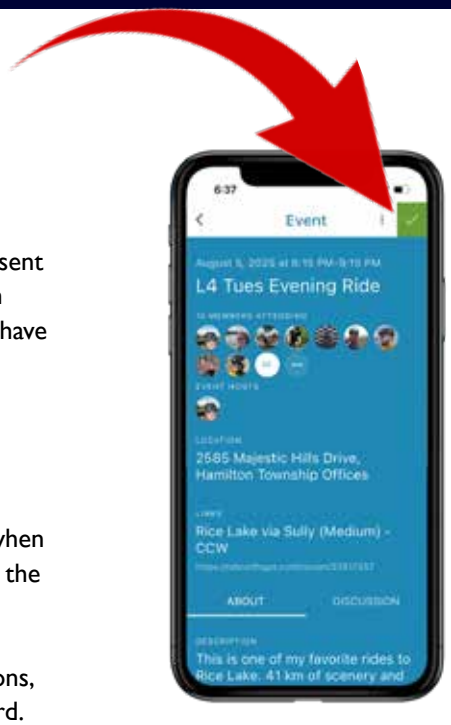
The NHCC has a limited supply of jerseys available for immediate purchase. Contact for sizing:: secretary@northumberlandhillscyclingclub.com.

from $85
(including tax)

If you're unsure how to meet any of the requirements to ride with our club, don't hesitate to reach out to your ride leader. They are happy to offer assistance or direct you to someone who can help you prepare. We're here to ensure everyone feels confident and ready to join the ride!

What Your **First Ride will Look Like**

The Ride Leader will know to expect you by clicking the **Going** button on your Cycle Club Events calendar



- Arrive 10–15 minutes early
- Introduce yourself to the Ride Leader
- The Ride Leader will mark attendance so that they know how many are present
- There will be a quick ride briefing (route, pace, known hazards, identification of regroup points if applicable, etc) and answering of any questions you may have
- The group rolls out together

Once underway, if the group spreads out too far:
They will regroup periodically so that nobody gets left behind

What happens if you struggle? Tell the Ride Leader. We'll support you, adjust when possible, or help you choose the best option—no pressure, no judgment. Letting the Ride Leader know early helps us support you better.

Post-ride questions or chats: We take a few minutes to debrief, answer questions, and help new riders decide which pace or ride level suits them best going forward. This is where questions are encouraged. Feedback is welcomed. Learning is normalized. No one is singled out or criticized.

Ride Calendar **2026**

REGULAR SEASON

REGULAR season is Sunday May 3rd – Sunday October 4th, 2026

"REGULAR" Season means rides are regularly posted on the following days/times:

MONDAY (EVENING)	(Level 2)	Start time: 6:00 or 6:30
TUESDAY (EVENING)	(Level 3, 4)	Start time: 6:00 or 6:30
WEDNESDAY (MORNING)	(Level 1)	Start time: 9:00 or 10:00am
WEDNESDAY (EVENING)	(Level 2)	Start time: 6:00 or 6:30
THURSDAY (MORNING)	(Level 3)	Start time: 9:00 or 10:00am
THURSDAY (EVENING)	(Level 4)	Start time: 6:00 or 6:30
SUNDAY (MORNING)	(Levels 1, 2, 3, 4)	Start time: 9:00 or 10:00am

OTHER RIDES & EVENTS: Special event rides, and rides that are being held on other days/times will be announced as they are scheduled.

Non-members (GUESTS) may ride up to a maximum of 3 rides after which a full membership is required. Guests must bring a signed **Guest Waiver** (available for download under the MEMBERSHIP section of the website).

2026 Guest Waiver

ABOUT START TIMES: Starting times may vary slightly depending on group preferences, ride leader availability, time of year, weather conditions and other circumstances.

RIDE CANCELLATIONS

Weather happens, sometimes unexpectedly—In the event of a cancellation you will receive notification on your **Cycle Club** account if you have RSVPd and also enabled Notifications in your settings. The Club cannot be responsible to notifying members who haven't RSVPd.

OFF-SEASON ACTIVITIES

For the balance of the year, the NHCC operates in Off-Season mode. Activities may consist of evening hikes, periodic club rides (weather permitting and short-notice), cross country skiing, weekend hikes and other social activities. Guests are welcome on Off-Season Activities provided they bring a signed waiver (available on the NHCC website).

Ride Cancellation Policy

MEMBER SUMMARY

To keep everyone safe, rides may be cancelled or changed when conditions aren't suitable for cycling.

When a Ride May Be Cancelled

- Thunderstorms, lightning, high winds, or severe weather alerts
- Unsafe road/trail conditions (debris, flooding, construction, poor visibility)
- Extreme heat or cold
- No ride leader available

How You'll Know

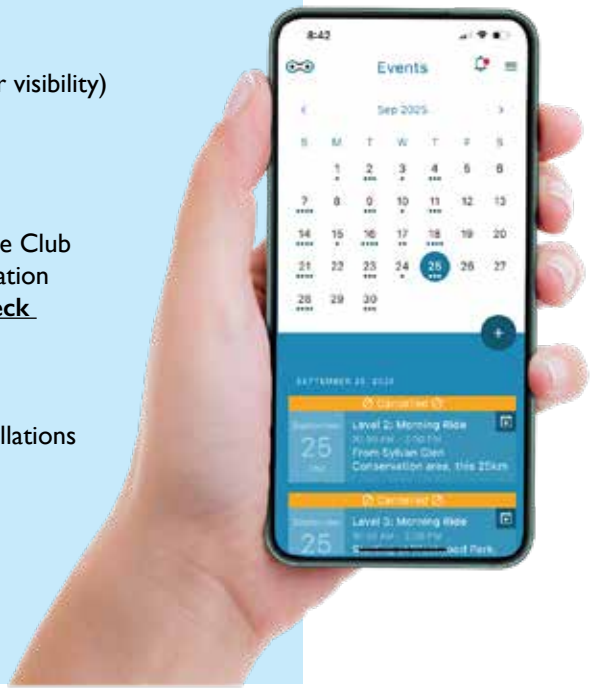
Ride cancellations will be posted on the ride calendar in your Cycle Club account. If you have signed up for a ride you should receive notification in the event of cancellation, or other relevant changes. **Always check the ride listing before leaving home for last-minute updates**.

Timing

We aim to cancel 1–2 hours before the ride, but last-minute cancellations may happen if conditions change unexpectedly.

Member Responsibility

Your safety comes first. If you are uncomfortable with the weather or conditions, feel free to skip the ride—even if it hasn't been cancelled.



Choosing the **Right Level** to Ride With

Starting with the right group allows you to grow at your own pace and build lasting confidence in your abilities.

When choosing the right group to ride with, it's essential to prioritize your comfort and confidence on the bike. Our club offers four levels, increasing in difficulty from 1 to 4, and we recommend starting at a level that feels easier than you think you might be capable of. This ensures you can ride comfortably and enjoy the experience without the stress of trying to keep up with a faster group. It's far better to build your skills and stamina gradually, advancing to a higher level on subsequent rides, than to feel discouraged if the pace or distance of a ride is too challenging at first.

Level	Pace	Average speeds	Ride frequency	Recommended Bikes	Ride descriptions
1	Slow & Easy	15-18 kph (or the pace of the slowest rider)	Two (2) Wednesday and Sunday mornings	Mountain bike Hybrid bike Road bike	**Distance 12-30 km** (unless otherwise stated) Both a Leader and a Sweep ensures that nobody gets left behind.
2	Somewhat leisurely, but steady	17-19 kph	Three (3) Monday and Wednesday evenings, and Sunday mornings	~~Mountain bike~~ Hybrid bike Road bike	**18-40 km in distance as the season progresses. (occasional late season rides may exceed 40 km).** A Leader and a Sweep ensures that nobody gets left behind.
3	Moderately fast	20-23 kph	Three (3) Tuesday evenings, Thursday and Sunday mornings	~~Mountain bike~~ ~~Hybrid bike~~ Road bike	**25-60 km in distance as the season progresses. (occasional late season rides may exceed 60 km).** A Leader and a Sweep ensures that nobody gets left behind.
4	Fast and challenging	24+ kph	Three (3) Tuesday and Thursday evenings, and Sunday mornings	~~Mountain bike~~ ~~Hybrid bike~~ Road bike	**35-100+ km in distance as the season progresses, with options to extend many rides.** The group may break into smaller units, regrouping at designated points.

Choosing the Right Level: What's your Mindset?

Level 1

Riders in Level 1 embrace the pure pleasure of cycling, where the journey is all about enjoyment rather than performance. They love to ride at a relaxed pace, take frequent stops to soak in fresh air, savor a treat like ice cream, and share laughs along the way. For these cyclists, the emphasis is on the joy of being on two wheels, celebrating the freedom and camaraderie of the ride rather than focusing on serious fitness goals.

Level 2

Riders in our Level 2 group enjoy the adventure of longer distances on scenic country roads, embracing the beauty of the outdoors while maintaining a pace that is comfortable yet engaging. This level strikes a perfect balance between fun and challenge, offering just enough effort to keep you honest without sacrificing the enjoyment of the ride. It's about savoring the journey while gradually building confidence and stamina.

Level 3

Riders in Level 3 are experienced cyclists with a solid fitness base who relish the challenge of moderately long distances, that may include unavoidable hills. They ride with the expectation of being pushed but not to the point of exhaustion, striking a balance between effort and enjoyment. They may have fitness goals in mind and are willing to work to achieve them, all while appreciating the camaraderie and satisfaction that come with a well-earned ride.

Level 4

Riders in Level 4 are experienced, strong cyclists who embrace the hard work needed to achieve their fitness goals. They thrive on challenging rides that may push them to their limits, appreciating the sense of accomplishment that comes with it. These riders value the camaraderie of like-minded individuals who share their passion, supporting and motivating each other through friendly challenges. Together, they push boundaries, celebrate progress, and friendships made along the way.

CYCLE CLUB APP:

Essential account for all ride information

✔ ESSENTIAL

● OPTIONAL

CYCLE CLUB

Ride time, location and distance and Level of Difficulty

Get the app

STEP 1

Available on the App Store

GET IT ON Google Play

No mobile phone?

Use a desktop browser

IT'S SUPER EASY TO USE!

- One-click to RSVP
- View the Ride Leader and others riding
- Get notifications of change
- Link to the route map
- Ask questions about the ride

Are you new to "Cycle Club"?

1. Get the app OR sign up online at **cycleclubapp.com**
2. When signing up, be sure to **use the same email as you used on your NHCC membership application**. (If you can't remember the email you used, just contact us and we'll get you all fixed up.)
3. Complete your Cycle Club App profile as well as the Emergency Contact information in your Profile since we use that in case of emergency.
4. **Search for NHCC:** If you don't already see the NHCC, Click the "**+**" sign to search for **Northumberland Hills Cycling Club**

Tech help is here! Anita can set you up fast!
secretary@northumberlandhillscyclingclub.com
Text or phone: 905-269-6815

CYCLE CLUB APP:

Essential account for all ride information

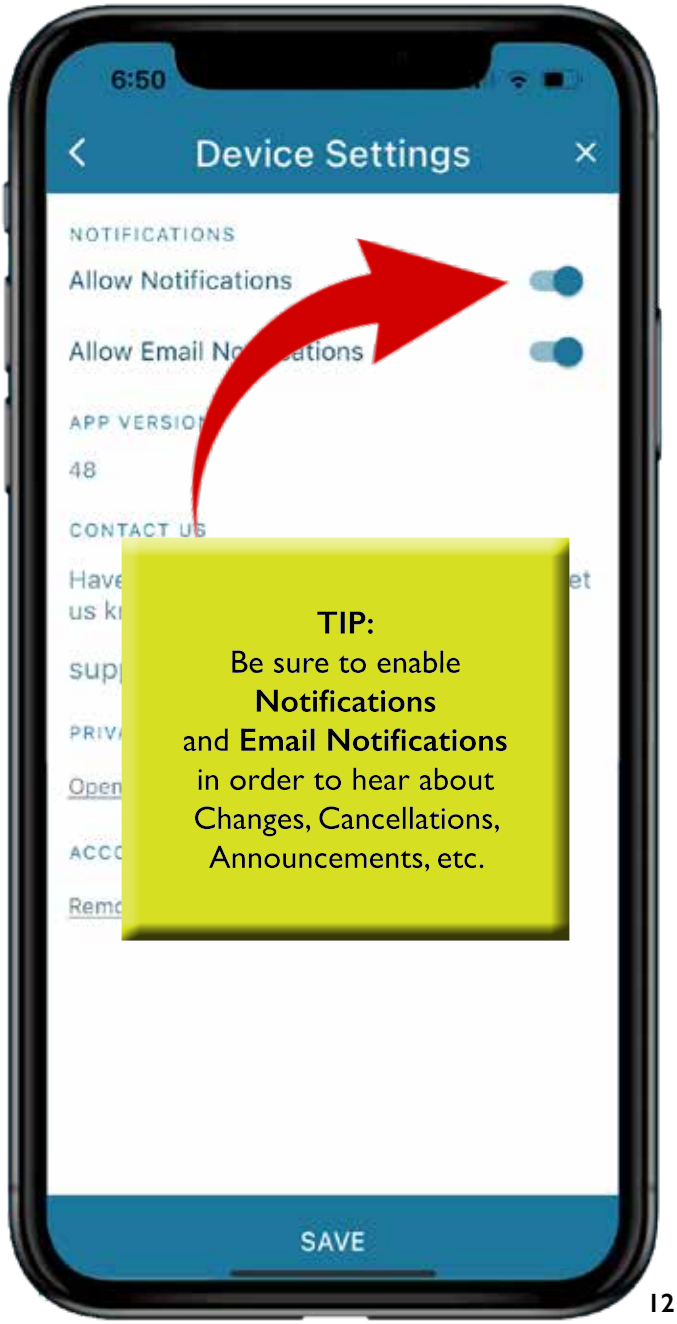
✓ ESSENTIAL

○ OPTIONAL

CYCLE CLUB

Sign up to Ride

STEP 2



TIP:
Be sure to enable **Notifications** and **Email Notifications** in order to hear about Changes, Cancellations, Announcements, etc.

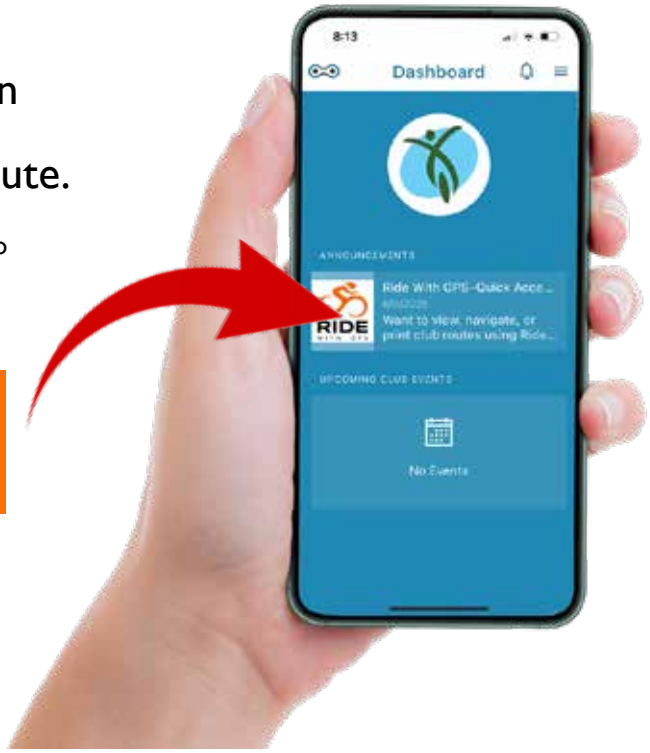
RIDE WITH GPS:
Get a free account

ESSENTIAL

OPTIONAL

- View route maps
- View distance and elevation
- See a description of the route.

• A free RWGPS account is required if you want to access NHCC Route maps



STEP 1

Quick Access link

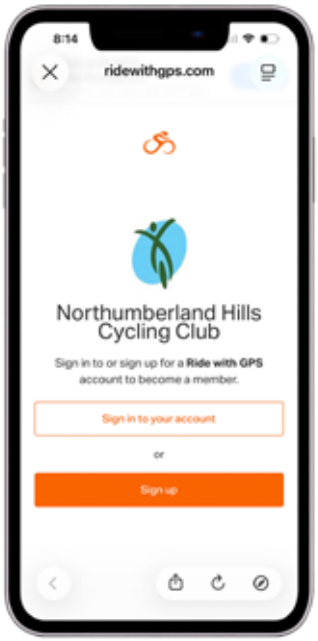
To get registered for a free Ride With GPS account, go to the **Announcements** section of your Cycle Club account and locate the Ride with GPS-Quick Access link.

STEP 2

Sign in or Sign Up

When you sign up, be sure to select the FREE account.

Purchasing a PAID account is not necessary.



RIDE WITH GPS:
Get the app

ESSENTIAL

OPTIONAL

Start here

Scan the QR code

Or download it:

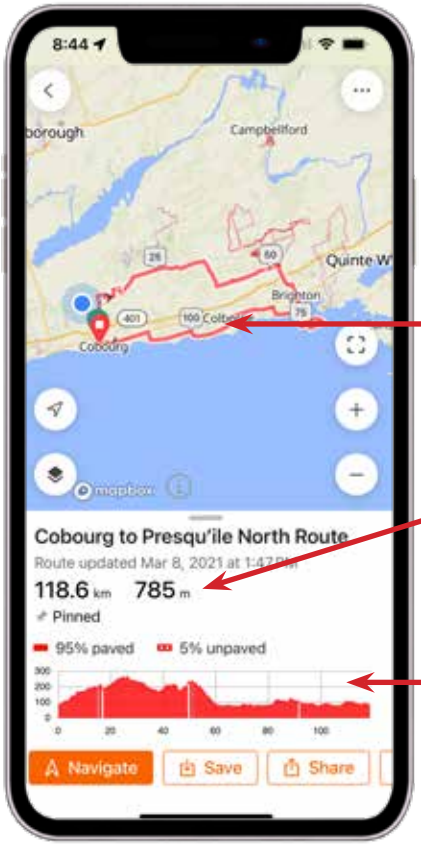
Available on the App Store

GET IT ON Google Play

- Record rides
- Keep stats

For routes:

- Use voice navigation
- View the elevation chart



For Club routes:

Pinch and zoom for more detail

See how many metres of elevation you will encounter

See an **elevation chart**, with a visual representation over the length of the entire route.

Tech help is here
Need help? Anita who will set you up fast!

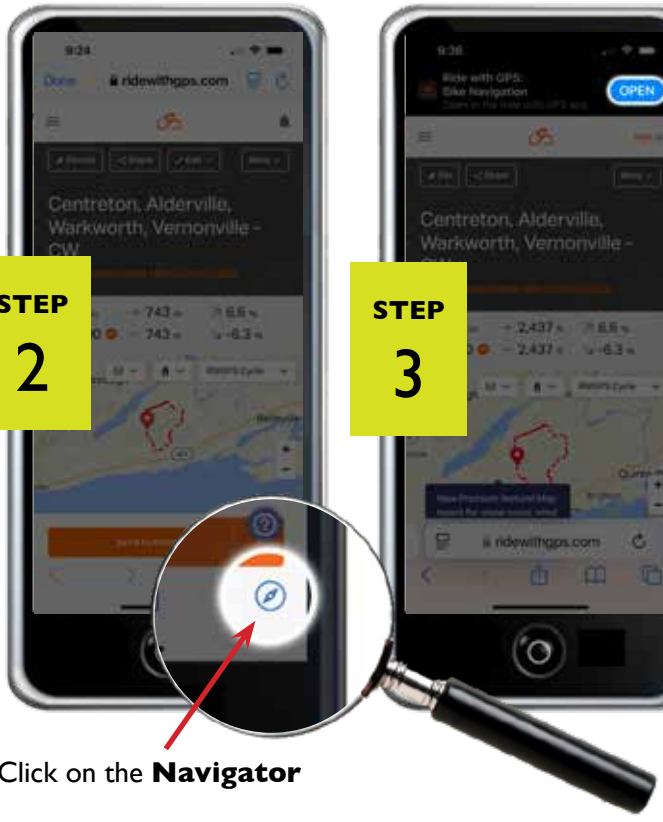
Email: secretary@northumberlandhillscyclingclub.com
Text or phone: 905-269-6815

RIDE WITH GPS:
Use voice navigation

On Club rides

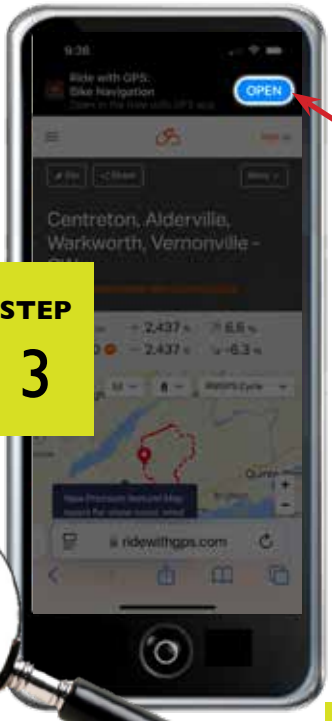
STEP 1

From the **Cycle Club app**, Click on the link to the Route Map



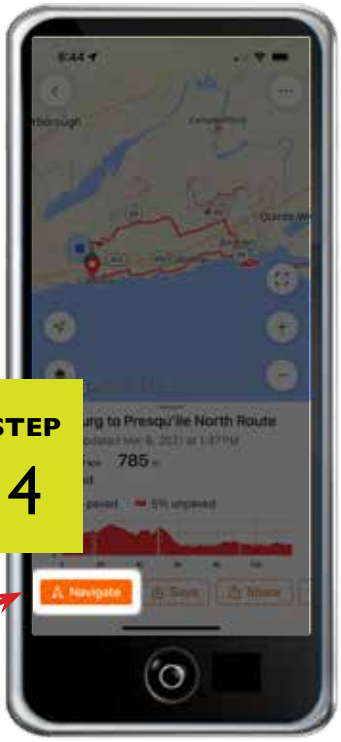
STEP 2

Click on the **Navigator**



STEP 3

Open the app



STEP 4

Click **Navigate** and you are underway!

RIDE WITH GPS:
Use voice navigation

While riding independently

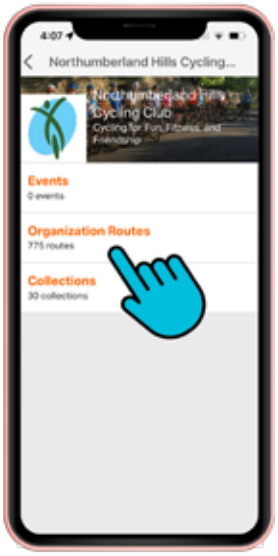
Hit the road for you own independent adventure and enjoy voice navigation on **any** route from our **NHCC Route Library.**

Open the **Ride With GPS** app on your mobile phone and login

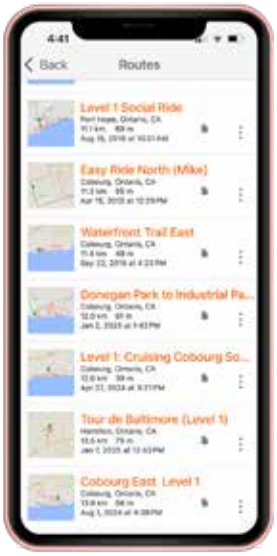
Click on **Clubs** from the Home screen

Choose **Northumberland Hills Cycling Club**

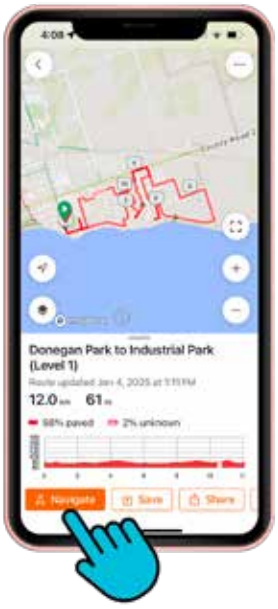
Select **Organization Routes**



Browse to select a route



Click **Navigate** to begin voice navigation



Group Cycling Guidelines

At NHCC, our guiding philosophy is:
Group riding does not remove individual responsibility —every cyclist remains an independent road user.

We prioritize each rider's **autonomy** and **responsibility**. Although we ride together, every cyclist is responsible for their own actions, decisions, and safety. By combining personal accountability with the support and camaraderie of the group, we create a safe and enjoyable experience for all riders."

1. Be Predictable
- Ride steadily and consistently; avoid sudden braking and accelerating.
- At intersections, stay in the correct lane for the direction in which you are riding (ex., don't stop in the right turn lane if you will be riding straight through).

2. Spacing & Braking
- Don't Overlap Wheels: Keep safe distance; overlapping wheels can cause serious crashes.
- Maintain steady speed when leading or following; feather brakes gently if needed.

3. Announce Hazards
- Alert others to potholes, debris, or traffic using verbal calls.
- Riders in the middle or rear should relay warnings.

4. Intersections & Stops
- Pull off safely; avoid congregating in intersections.
  If pausing to wait for others at an intersection, club policy is to pull over to the side 25-50m before or after the intersection to avoid blocking.
- Regroup at key points; never run red lights to catch up.
  If you don't make it through the light with others, the group will pull over and regroup at an appropriate safe point beyond the intersection.

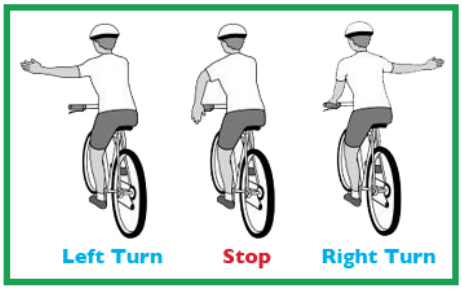
5. Passing Other Riders
- Pass **on the left only**; announce: "On your left!"
- **Never pass on the right** or ride on sidewalks.

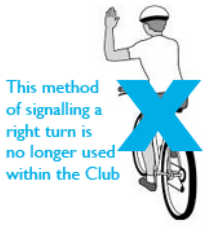
6. Know Your Limits
- Choose a group and route that match your ability; start easier than you think.
- **Climbing:** Shift up a gear if standing to maintain smooth group rhythm.
- **Descending:** Keep pedaling; maintain safe spacing and control.

7. Signaling & Communication
- Use hand signals and vocal warnings for turns and stops.
- Make eye contact with drivers at intersections when possible.

8. Ride Leaders & Group Etiquette
- Follow Ride Leader's instructions; respect the advertised pace.
- Leaders guide the group and monitor safety—they do not enforce skill, fitness, or mechanical readiness.
- Everyone is responsible for their own helmet, bike, and gear.

Quick Reminder
- Stay predictable, communicate hazards, maintain spacing, and never leave anyone behind.
- Riders participate at their own risk. Enjoy the ride and look out for each other!





Riding Single, **Drafting & Pacelines**

At NHCC, riders may choose to ride single within a group, draft, or ride in a paceline depending on the ride, conditions, and their comfort level. It's important to understand that these riding styles do not carry the same level of risk.

Riding single within a group

Riding single means maintaining your own safe following distance rather than riding closely behind another cyclist. This allows each rider to:

- Control their own spacing and speed
- Watch for hazards independently
- Choose their own line on the road
- React more easily to traffic, road conditions, or unexpected changes

For many riders — especially those new to group riding — riding single within a group is the safest and most comfortable option.

Drafting & Pacelines

Drafting and paceline riding involve close spacing between riders to reduce wind resistance and increase efficiency. While effective, these techniques are inherently higher risk because:

- Reaction time is significantly reduced
- Riders may rely on the person ahead to point out hazards
- Small mistakes can quickly affect multiple riders
- There is less room to manoeuvre or avoid obstacles

Because of these factors, drafting and pacelines are not recommended for inexperienced riders and are never required on NHCC rides.

Drafting & Pacelines are not typically practised in Levels 1 and 2, occuring more frequently in Level 4.

Ride Levels & Expectations

Some higher-level rides may occasionally use drafting or paceline techniques when:

- All participating riders are experienced and comfortable
- Conditions are appropriate
- The Ride Leader clearly communicates expectations

Even on these rides:

- Participation is optional
- Riders may always choose to ride single
- No rider should feel pressured to draft or ride closely

Key Takeaway

Riding single within the group is always acceptable and often the safest choice.

Drafting and pacelines are advanced techniques that carry higher risk and are best left to experienced riders who actively choose to use them.

This approach helps ensure that all riders — regardless of experience — can ride confidently, safely, and without pressure.

Ride Leader Responsibilities:
Before, During and After Rides

The Ride Leader's Purpose is to help ensure safe, enjoyable, and well-organized rides for everyone.

Before the Ride
- Familiarize with the route: distance, terrain, traffic, rest stops, and regroup points.
- Communicate ride details on the Events Calendar (Cycle Club app): pace, distance, start location/time and also any applicable changes or cancellations that may arise
- Monitor and respond to participants who may post in the ride Discussion (Cycle Club app)

At the Start
- Welcome riders and introduce new members.
- Review the ride plan: route, pace, regroup points, and format.
- Safety reminders: hand signals, verbal calls, and traffic rules.
- Take attendance, and add un-registered members to the attendee list

During the Ride
- Set and maintain the advertised pace.
- Monitor the group: regroup as needed and ensure no one is left behind on no-drop rides.
- Adapt for weather, traffic, or rider condition.
- Promote safe riding, proper spacing and signals.

Note: Ride Leaders do not enforce skill or fitness, or take responsibility for individual rider choices.

Ride Leaders may offer options, but final decisions always remain with individual riders.

Incidents & Mechanical Issues
- Stop the group safely if a problem arises.
- Coordinate assistance: basic roadside help or a buddy system if a rider must turn back.
- In case of injury: call emergency services if needed and keep the group safe.

After the Ride
- Ensure all riders return safely or are accounted for.
- Report hazards or incidents to the club.

IMPORTANT

Ride Leaders are not responsible for:

- Individual fitness or skill
- Mechanical condition of bikes
- Riders ignoring instructions or traffic laws
- Acting as professional guides, coaches, or medical responders

All riders participate at their own risk.

Ride Leader Responsibilities:
Emergencies and Incident Reporting

What to do in an Emergency

1 Stop the ride

Ensure the scene is safe

- Call 911 if needed
- Do not move injured riders unless necessary
- Contact emergency contact on file
- Emergency contact information is visible only to Ride Leaders:
  - On the day of the ride only
  - Only to the Ride Leader(s) listed for that particular ride

TIP: To enable more than one person to have access to Emergency Contact information for participants, it is encouraged that Ride Leaders add a second person as Ride Leader as well. This can be done at the start of a ride.

2 Complete the Incident Report form

Reportable incidents include (but not limited to):

- Crashes
- Injuries
- Mechanical issue
- EMS is required

Use the **Create Incident Report** feature of the Cycle Club app to report accidents, injuries, or other incidents. Include as much information as you can.

Reports are submitted to the Secretary for follow-up as necessary, and stored on file for future reference.

NHCC Insurance Coverage

The Northumberland Hills Cycling Club is covered under a **General Business Insurance policy** from Co-operators. This type of insurance is **third-party liability insurance,** which protects the club—and by extension, our volunteers and members **while acting in an official club capacity**—from claims made by others.

What third-party liability insurance *does* cover

This insurance is designed to protect the club if a **third party** (someone outside our membership, or sometimes a member acting as the "injured party") claims that the club's actions or negligence caused:

- **Property damage**
  (example: during a club ride, someone accidentally damages a parked vehicle)
- **Bodily injury to another person**
  (example: a non-member pedestrian is injured and alleges that a club rider or leader was responsible)
- **Legal defence costs**
  The insurance will typically cover the cost of lawyers and legal proceedings if the club is sued over such an incident.

Who is protected?

- The **club organization** itself
- **Volunteers acting on behalf of the club** (e.g., ride leaders, directors)
- **Members,** but *only* when the alleged fault relates to club-sanctioned activities

If the club—or someone representing the club—is found to be negligent, the policy helps cover the costs so the club and its directors aren't personally financially liable.

What this insurance *does not cover*

It's just as important to understand the limits:

No personal injury/accident coverage
Our policy **does not cover your own injuries** if you have an accident on a ride.
Members ride at their own risk and should rely on:

- OHIP or other provincial healthcare
- Personal extended benefits
- Optional personal accident or disability insurance if desired

No coverage for damage to your bike or equipment
If your bike is damaged in a crash, or your gear gets broken or lost, this policy will not reimburse you.

No coverage for personal liability outside club activities
If you injure someone or damage property **outside of an official club ride or activity,** this insurance does not apply.

No coverage for intentional or reckless behaviour
If a member intentionally causes harm or rides with willful disregard for safety (e.g., aggressive behaviour, knowingly unsafe actions), coverage does not apply.

No compensation for pain, suffering, or lost income to a member
If a member is injured and misses work or incurs personal costs, the club's policy does not compensate them. That falls under personal insurance, disability benefits, or employer coverage.

In short

- Our insurance protects the club, not your personal health or your bike.
- It applies only during official club activities.
- Members are responsible for their own medical and equipment costs.

The NHCC **Code of Conduct**

The Northumberland Hills Cycling Club (NHCC) is dedicated to ensuring a safe and positive environment by making individuals aware that there is an expectation of appropriate behaviour consistent with NHCC's core values. The NHCC supports equal opportunity, prohibits discriminatory practices, and is committed to treating all individuals with respect and fairness. This Code supports the reputation of the Club and assists with making roads and trails a safer place for all users. This policy applies to all of our members and persons acting on behalf of the NHCC.

RESPONSIBILITIES

This code of conduct applies to all NHCC sanctioned rides and posted events, social events, club social media spaces, interactions between club members, and any other situation in which a rider is representing the Club.

Members are expected to:

- Be aware of and adhere to the Highway Traffic Act (HTA), the Club's guidelines, Bylaws and policies;
- Respect and adhere to the direction of the Ride Leaders;
- Act with honesty and integrity and conduct themselves in the best interest of the NHCC;
- Be a positive example to other riders and a good ambassador for cycling;
- Consider the safety and comfort of other riders, as well as other road or trail;
- Behave responsibly, courteously and safely in the presence of all other road users;
- Treat others respectfully and kindly and always display good sportsmanship;
- Ensure that all interactions with other members are consensual and avoid unwelcome attention;
- Respect boundaries of other riders, be it physical, social, sexual, etc.;
- Notify Club leadership if a member is creating an uncomfortable situation for others;
- Show respect to all people regardless of gender, sexual orientation, colour, race, or creed;
- Select the appropriate NHCC ride level for you and ride within the advertised pace or relinquish this responsibility by informing the ride leader that you intend to ride at a faster or slower pace. You understand that this will separate you from the club ride;
- Club members must be conscious of their role as ambassadors to the non-cycling and recreational cycling communities. The NHCC logo, such as on apparel, is advertising for the club. Failure to abide by bicycling traffic laws may be observed by the public and can be detrimental to the club's image and to the image of recreational cycling as a whole.

NHCC Membership is a privilege. Members demonstrating a manifest unwillingness to meet this Code of Conduct will be subject to complete or partial suspension of club privileges and/or revocation of their club membership in accordance with NHCC Bylaws.

Have fun, help others have fun and thanks for riding with the Northumberland Hills Cycling Club!

Raising a Concern

Members who experience or witness behaviour inconsistent with this Code of Conduct are encouraged to raise concerns with any member of the Board of Directors. Concerns will be handled respectfully and, where possible, confidentially. Retaliation for raising a concern will not be tolerated.

Volunteering

Volunteers are Heroes. They are the backbone of the NHCC.

Want to be an NHCC **Super hero**?

- Become a Ride Leader (training provided)
- Help with social events (no training needed)
- Assist with communications or website (we'd love you to bits)
- Provide photography or content (just be a shutterbug)
- Collaborate on new routes (we'll show you how)

No special talents or skill required — you don't even need to be a strong cyclist — all you need is a little enthusiasm, a willingness to pitch in, and a desire to see the NHCC succeed. Just drop us a line and we'll take it from there.

Randy Albon
President

Anita Macklin
Secretary

Paul Lam
Treasurer

Helmut Bock
Director

Janine Turk
Director

Jason Cotton
Director

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