

SAFETY RULES AND GUIDELINES



Safety is of the utmost importance to everyone at the Tour and the Alberta Cancer Foundation. To ensure the safety of everyone involved please read through the following guidelines and rules.

Rules of the Road:

- This is not an official race but a self-paced ride.
- We recommend that all participants have two water bottle cages and full-sized water bottles on their bike.
- Participants are permitted to use standard road bicycles, hybrids, tandems, commuters, e-bikes (without throttle) or mountain bikes.
- Certified helmets are mandatory, and the chinstrap must always be buckled while riding.
- Riders must stay within the designated route.
- All riders are to obey traffic officers, traffic control personnel and course marshals.
- If a train is crossing the route all riders must stop and wait for it to pass safely. When the train has passed riders will start again.
- Emergency vehicles ALWAYS have the right of way. If you see/hear an emergency vehicle in response mode (lights/sirens) you are asked to immediately and safely slow down, pull over to the side of the road and dismount your bicycle.
- Riders must ride single file. Pelotons or side-by-side riding is not permitted.
- No outside and unauthorized support vehicles will be allowed along the course or at pit stops. Friends and family are to cheer you on from the start/finish lines or designated cheer stations only.
- Event ID must always be worn/displayed (wristband, helmet sticker and bike plate) for safety purposes.
- No usage of headphones, personal stereos, or cell phones while riding. Please pull off the route safely to use your phone or camera.
- Riders under the age of 18 on Tour weekend must have their waiver signed by a parent/guardian.
- Please use toilets provided at aid stations. Public urination is not permitted.
- No littering on the course.

**IN THE CASE OF EMERGENCY CALL 9-1-1
THEN CALL THE NUMBER ON YOUR WRISTBAND.**

Safety Guidelines:

- Maintain control and speed of your bike.
- Know your limits. Crashes can occur when riders do not have the bike-handling skills to make quick decisions in a pack.
- Never overlap your wheels with another rider.
- Be respectful of other riders.
- Stay on the shoulder/right of the road except to pass.
- Pass only on the left of the rider ahead after shoulder checking, and when space allows. Use a verbal cue like "on the left".
- This event follows the Rules of the Road. Riders need to be aware of the course and their surroundings and ride appropriately and cautiously when required i.e. sharp corners, bridges, steep descents, train crossings.
- Riders using e-bikes must be pedal assisted with a maximum power of 500 watts, and maximum speed of 32 km/h. Use of a throttle is not permitted.

SAFETY IS EVERYONE'S RESPONSIBILITY — RIDE SMART AND STAY ALERT.

