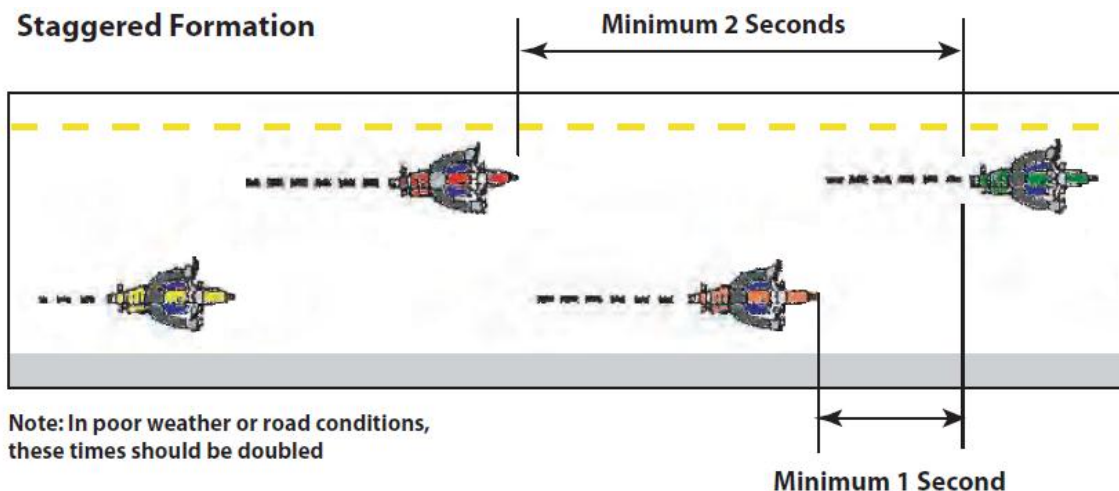




Welcome to Group Riding with the Canadian Motorcycle Cruisers (CMC). During group rides, safety is our number one concern. The following guidelines were designed to help ensure the safety of all riders. Please review the following before your first group ride, and ask the Road Captain if you have any questions or concerns.

### General Rules

- 1) All of our group rides will have a designated Road Captain. Our Road Captains have years of riding experience and have taken our Road Captains training. They will lead the ride, and are in charge at all times during a group ride. A second Road Captain may be at the back of the group and is called the "Tailgunner". The Tailgunner will communicate with the Road Captain if the group gets split up, and will stop with anyone that has to leave the group due to mechanical issues or other reasons. We never leave a rider in distress behind.
- 2) We ride in staggered formation; (See illustration below). Even though a rider has one side of the lane, the entire lane is theirs. If they need more room for a curve or to avoid a pothole or road obstruction, that entire lane is theirs. On challenging curves or other instances, the Road Captain may signal the group to move to a single file position (see hand signals that follow)...**IMPORTANT....now you MUST ensure you allow two seconds between yourself and the bike in front of you which was previously in a staggered position** . When the road straightens out or the group has passed the obstruction, they move back to staggered formation but only when the signal is received from the Road Captain.



- 3) All of our organized group rides are 100% Alcohol Free. If you stop along the way and consume alcohol, you will have to ride back on your own.



- 4) We adhere to all highway and street laws. We do tend to ride at up to 10Km over the speed limit at times to ensure we are limiting the backup of cars behind us. Also keep in mind that most metric bike speedometers are not accurate and often read up to 10Km higher than actual speed. If the speed limit is 100 and we are doing a true 110 based on GPS readings, your speedo likely will read between 116 to 120. Don't panic. If you have a concern with respect to speed please speak to your group Road Captain.
- 5) As a rule, we do not travel on 400 series highways. At times when this is necessary, all group riders must agree to this before heading out.
- 6) We will put our riders in "single file" for anything that may inhibit the road. (i.e. bicycles, cars pulled over, walkers, animals, slow moving vehicles, tractors, etc.). When travelling "single file", riders should position themselves in line with the Road Captain and adjust speed to allow for more distance between riders as mentioned above. Keep in mind that you **MUST** also maintain a minimum of 2 seconds between the rider in front of you when going to single file....spread out.....important!!!
- 7) No reckless, inconsiderate or dangerous behaviour will be permitted at any time. Any riders not adhering to this rule will be asked to leave the group immediately.
- 8) Portray a positive image to other motorists and pedestrians at all times. At the CMC, we feel we can help to minimize the negative image that some have of motorcycles. This can be as simple as saying hi to those we meet, or waving at children as we pass.
- 9) We always ride only as fast as is comfortable for the slowest rider. Never feel you have to drive over your comfort level. The group will adjust if you need to slow down but it is important that you communicate this with your Road Captain.
- 10) We use a number of common hand signals to ensure all riders are aware of what is coming up and for group safety. Please ensure you are fully aware of these signals before you head out on a CMC group ride.
- 11) The most common signals are outlined on the following pages.
- 12) During group rides we try to stop every 90 minutes or less to stretch, fill up with gas, and ensure everyone is enjoying the ride. Please ensure you let the Road Captain know during the pre ride briefing if you need to stop more frequently.



- 13) Please ensure you have a full tank and an empty bladder when you show up for group rides. This minimizes delay to the departure time and keeps everyone happy.
- 14) And....most importantly....."***ride within your own limits, not to the limits of others***", have fun, and ride safe!

We hope you enjoy riding with CMC Ottawa