

FLC Seniors Cycling Club

Cycling Club Rules

Members may ride:

- 1) Standard (pedal) bikes
- 2) Power bicycles (a.k.a. e-Bikes) that meet [Provincial Regulations \(Page 7\)](#). The Federal Motor Vehicle Safety Regulations (Canada) (C.R.C., c. 1038) section on *power-assisted bicycle* was [repealed in 2021. See Sec 2 \(1\)](#) but the quoted wording in the AB Small Vehicle Booklet remains in force.
 - a. Note: Many fat tire e-Bikes have more than the maximum allowable 500 watts of power so check your e-Bike specifications to ensure they comply with the regulations.
- 3) Recumbent tricycles with a maximum seat bottom height of 18" (45.7 cm). There are reasonably foreseeable situations where trikes may present risks not associated with bicycles.
 - a) Roll overs: Particularly with delta configuration trikes (one wheel in front) when cornering at speed.
 - b) Reduced hazard awareness due to low rider eye height. [Flags](#) are highly recommended so others can see you
 - c) Riders must be able to ride up a 10% grade with pedal power or pedal assist
- 4) Properly fitted bicycle helmets are mandatory on all FLC cycling rides
- 5) You will not be allowed to ride with the group unless you have signed up and are on the rider list.
- 6) You must be a current member of both the FLC Seniors Club and the Cycling Activity to attend a ride.
- 7) When riding you must follow road and pathway rules.
- 8) Speed limit on city pathways is 20 Km/h unless posted otherwise. In provincial parks the speed limit is 30 Km/h unless posted otherwise
- 9) Ride single file and keep right at all times. This is particularly important on corners or busy sections of the pathways.
- 10) When passing pedestrians or other cyclists on the pathway, do so affably. Ring your bell, announce how many cyclists are behind, thank them for making way. If traffic is coming towards you at the same time, hang back. If you need to pass, only do so on a straight section where you can see clearly ahead.
- 11) Arm-signal before turning corners or when stopping.

Cycling Club Courtesy Guidelines

- 1) Be there and have your bike ready to ride at the event starting point 15 minutes before the scheduled ride time.
- 2) When stopping for any reason, pull over to the right of a street or entirely off a pathway to allow other pathway users to pass unimpeded. If you need to stop quickly and don't have time to arm signal due to heavy two hand brake use yell "STOPPING" to alert other riders in the group.
- 3) Leave 2-3 bike lengths between bikes for safety and easy passing. Do not fall too far behind either, you may miss a turn and get lost.
- 4) If you are having trouble going up a hill, move to the right to allow others behind you to pass.
- 5) Slower riders should stay near the end of a group to not interfere with others' momentum.
- 6) For busy crosswalks where there may be potential conflicts with cars dismount, bunch to cross in groups and WALK your bicycle across. Remember if you do ride

you are classified as a vehicle and do not have the same rights as a pedestrian. Do not start to cross after the walk light changes to wait. Be courteous and allow drivers to turn before their light turns amber. Leaders and sweeps will wait and ensure all riders are safely across before proceeding.

- 7) A leader may ask a group to use the "corner guide" system: on a signal from the leader, the rider immediately behind stops at a corner to guide the group around and rejoins the group on sighting the sweep.
- 8) Use the "buddy" system to ensure the rider behind you continues there. A mirror is very useful for keeping track of riders behind you.
- 9) If you are consistently falling behind on all rides in your current level please be courteous and ride in a lower level.
- 10) Follow the leader's directions; help enforce them and these rules courteously.

We strive to be the most courteous cycling group, so we appreciate your cooperation.

e-Bike Legislation

Throttle use on e-bikes is allowed unless specifically prohibited by location. E.g.

1. [City of Calgary pathways](#)
2. [National Parks \(e.g. Banff\)](#)
3. [Fish Creek and other Provincial Parks](#)
 - a. Parks has the authority to control traffic and manage activities under Section 4 of the *PPA General Regulations* through signs and notice. At this time, **pedal-assist** e-bikes are generally restricted to designated pathways and trails.

Please ensure you know how to operate your e-Bike in pedal assist mode and comply with the regulations when using designated pedal assist only pathways and trails.

Additional Courtesy Guidelines For e-Bikes riding in groups with standard bicycles

- 1) Use the lowest level of power assist as needed to ensure that acceleration is gentle and controlled when the pedal assist activates.
- 2) Gear down at slower speeds and for hills.
- 3) Ride no faster than the leader and the group.
- 4) On approaching a hill allow good spacing to ensure you have room to manoeuvre as the standard bike riders ahead of you lose momentum. The leader may specify at the beginning of the ride whether e-Bikes go up larger hills first or last. This is to avoid conflicts with e-Bikes attempting to pass slower pedal power riders climbing on narrow pathways.
- 5) If you are a leader with an E-bike, moderate your speed to fit with the group's capability and obey the pathway speed limits.