Rodman RIDE FOR Kids

Rider Safety Guide

Our #1 priority has always been and will always be your safety on the Ride route.

The Ride for Kids takes place on town roads across Foxboro, Sharon, Norton, Taunton, Raynham, Bridgewater, and Easton. Riding on a town road can be dangerous, so we're here to give you some tips to ensure that your Ride for Kids is safe and fun!

25-Mile Route MapMyRide:

50-Mile Route MapMyRide:

Please program these emergency numbers into your cell phone in advance of the Ride:
508-948-9330 & 508-948-7892

Do’s & Dont’s

DO...

- **Wear a helmet (they’re required to participate!)**
- **Have a cell phone on your person in case of an emergency**
  - We provide you with an emergency phone number that is listed on each rider’s bib and can be found at registration
- **Input the emergency numbers into your cell phone before you start:**
  - **(508) 948-9330 or (508) 948-7892**
- **Keep two hands on the bike at all times, unless signaling a turn**
  - No calls, texts, or selfies
  - If you need to make a phone call, please pull over safely
- **Stick to the right side of the road when riding**
- **Ensure that your rider bib is visible on your back at all times by wearing it on your outermost layer of clothing - this is how we are able to identify you as a participant in the Ride and in case of an emergency**
- **Hydrate & eat regularly so that you feel your best on the road**
  - The Ride has 3 Water Stops along the 50-mile route and 1 along the 25-mile route - all stocked with food & beverages
  - **Pro-Tip:** You should be drinking 1 water bottle for every 1 hour of cycling to remain appropriately hydrated

DON’T...

- **Use any form of headphones / earbuds**
  - You need to be able to hear other riders, traffic, and emergency vehicles to be safe on the road
- **Immediately stop if you drop something**
  - First look around, pull over, dismount your bike, and retrieve the item when it is safe to do so
- **Use an e-bike - they’re not permitted on the Ride route**
- **Use a rear-mounted bike seat, trailer, or any device to bring your child along for the ride**

On the Route

The Ride route is marked using bright green arrow markers.

When a turn is approaching, there will always be an indicator marker to inform you that a turn is up ahead, followed by a confirmation arrow once the turn has been made.

If you don’t see a confirmation arrow, you made a wrong turn and are no longer on the route.

If you get lost, need Road Crew assistance, or have an emergency on the road, call one of the emergency numbers, or flag down one of our 12 Road Crew vehicles.

The Ride route is supported until 3PM. If you are not on pace to cross the finish line by 3PM, our Road Crew reserves the right to shuttle you to a location that will bring you back on pace. Riders who refuse this service or remain on the route past 3PM will be asked to remove their bib numbers, effectively withdrawing from the Ride.

On the Route - Single File

ALWAYS RIDE SINGLE FILE

Riding in a group setting is different than riding alone - especially on a busy road!

Pro-Tip: A good measurement to ensure there’s enough space between bikes is to not overlap your wheels with the rider in front of you.

On the Route - Drafting

Drafting, or pace lining, is a technique where riders ride close together in single file to reduce wind.

The Rodman Ride for Kids should NOT be your first introduction to drafting or pace lining.

Only experienced riders should attempt drafting or pace lining on the Ride for Kids route.

Rules of the Road

Cyclists follow the same rules of the road as cars.

This means that you should come to a complete stop at all stop signs and red traffic lights, unless directed otherwise by a police officer.

There are 22 police details along the Ride route to ensure safety at dangerous intersections.

Hand Signals

Use proper hand signals along the Ride route:

Right turn - right arm straight out

Left turn - left arm straight out

Slowing / Stopping - left arm bent at the elbow in a right angle, facing down, hand open

Cycling Etiquette

This is a ride, not a race!

Ride at a pace that is comfortable to you - don’t worry about others.

If you need to pass a slower rider ahead of you, always pass on the left and indicate to the rider that you’re passing them by loudly saying

“On your left!”

Cycling Etiquette

If riding with a group in single file, the lead rider should indicate to the group of any cars or hazards, including pot holes, grates, sand, etc. by announcing it verbally and pointing it out.

Each subsequent rider should do the same to inform the rest of the group.

Medical Emergencies

Medics are located at the Start/Finish Line of the Ride. All Water Stops are equipped with First Aid/CPR trained volunteers.

In the event you sustain an injury, Rodman for Kids reserves the right to call 911 and/or shuttle you back to HQ. This is done with your best interest and safety in mind, and your cooperation is appreciated.

If at any time you refuse medical services deemed necessary by a Rodman for Kids staff member or volunteer, you may be asked to remove your bib, effectively withdrawing from the Ride for Kids.

If you have allergies, please be sure to carry your EpiPen with you at all times.

If you sustain an injury or witness an injury, please follow this procedure:

- **Call 911 immediately.**
  - If for any reason you don't have a cell phone available, flag down a Road Crew vehicle or volunteer who will call for help.
- Seek the attention of the nearest medic – there is a medic stationed at Water Stop 1 and Ride HQ; First Aid/CPR trained volunteers can be found at each Water Stop.
- Apply appropriate first aid as the situation warrants and to your knowledge and ability.
- **DO NOT** move the injured party – wait for medical professionals.
- Call the Ride emergency number to report the incident to Communications.
  - Be prepared to provide the injured party's name and bib number so that their emergency contact may be notified.
- When in doubt of the severity of an injury, remember that it is best to fault on the side of caution.

Rodman RIDE FOR Kids

Again, our #1 priority is always your well-being and safety.

We are so grateful that you are participating in the Ride for Kids, where you are positively impacting kids, one mile at a time.

See you out there!