

SOUTHWEST SUNDAY CYCLE FAMILY RIDE FAQ

How do I sign up?

Registering online is strongly encouraged and greatly appreciated. Registration for the ride is capped at 100 participants. Online registration will be closed on Friday, June 10th. Day-of registrations will be accepted if space remains.

All participants are required to check-in before the ride, sign a consent form, and collect a wristband. Only participants with a wristband will be allowed to ride.

Who can participate?

Children ages 6 and up are welcome to participate in the Southwest Sunday Cycle Family Ride as long as they are accompanied by a parent or legal guardian. Younger children may be too slow and risk swerving into oncoming traffic or other riders in the group. Children under the age of six are welcome to participate in bike seats, trailers or tag-a-long bicycles, but you should be confident they would not impede your ability to look after other children riding in the event with you. The Emera Oval will have lots of activities for the younger kids under the age of 6 and they can look forward to this ride in years to come!

What if I have more than one kid to keep track of on the ride?

Parents/ guardians must take responsibility for all young cyclists under their watch. While we will have a police escort and a ride 'sweeper' who stays in the back of the pack, the road is not technically closed to traffic and there may be traffic in the opposing lanes. Children will need to ride with the group, not swerve into oncoming traffic or other cyclists). All parents/ guardians are ultimately responsible for their child's safety.

Speaking of 'liability', is there a waiver to sign?

Before they register, parents/ guardians will be asked to sign an 'informed consent' stating that they understand and accept the risks associated with participating in this ride.

Will my kid get left behind?

This will be a very slow ride! But if your child is so slow that it is impossible to stay with the group one of the ride "sweeps" may ask you join them on the sidewalk for a ride back to the Oval. Keeping the group together is essential for maintaining the rolling road closure, as cars can enter the lane if the group gets too strung out.

Are kids on tricycles allowed?

This ride is best suited for children who can already ride a two-wheeler. Riders of small tricycles probably won't be able to keep up.

What if we need to stop or leave the ride?

You can stop at any time and walk your bike back to the Emera Oval, or ride back on the sidewalk slowly with your child, taking care to yield to all pedestrians. Let the sweep rider know you're leaving the ride so we don't think we lost you!

Are helmets required?

Yes, they are required by law in Nova Scotia for all ages of riders.

What if I have a mechanical breakdown?

There will be a sweep van that follows the ride and can assist you with minor on the spot repairs. If you are completely broken down, the sweep van will take you and your bike back to the Emera Oval. If the sweep van is already assisting another participant, one of the ride volunteers will radio your location to the van, so they can come pick you up.

I have registered but can no longer do the ride. Can I transfer my entry to someone else?

Just come with the name of the person who cannot make it, and you can take the spot.

What do I need to bring with me?

Bicycle helmets are mandatory in Nova Scotia. This is a short ride, but it's always a good idea to bring a full bottle of water with you to stay hydrated. You will need to dress appropriately for the weather: sunscreen, rain gear, etc. Ride is rain or shine. We strongly recommend that you also carry an emergency repair kit - tube, tire levers pump. There will be food vendors at the end of the ride at the Bike Expo, so you might want to bring some money with you.

Are the roads closed to traffic?

Not technically. Police will be escorting the ride and controlling traffic at intersections so that the group doesn't get split up at red lights and so that we can ride two or three abreast across a full vehicle lane. You must stay between the lead and tail police vehicles to benefit from this 'rolling road closure'. There may also be normal vehicle traffic in other lanes when we are using multi-lane roadways and also traffic going in the other direction.

Is this a race?

No.

Are participants insured on the ride?

Everyone rides at their own risk. You will sign a consent form for yourself and on behalf of your child disclosing all the known risks of participating in an event like this. Not being physically active has its risks too but unfortunately no one will make you sign a consent form to stay on the couch and eat potato chips.

What if my child or I have an accident?

First Aid responders with St. John's Ambulance have been invited on the ride.

What happens if it rains on the day?

This is spring in Halifax, so rain is a distinct possibility. The ride will happen rain or shine so dress appropriately for the weather. In the event of extreme weather, ride organizers reserve the right to cancel the ride by 10am Sunday morning.

What if I live, work, or travel along the route – will I be inconvenienced?

A little. There may be up to 100 riders including fifty children traveling at a six year olds pace within the pack, so it may take a while for the rolling closure to pass by. If we err on the side of caution, in the worst-case scenario, you may be delayed by 10 minutes. We are doing this ride on a Sunday morning, when the city is not that busy to minimize disruptions to traffic and business.

I have another question. Who do I contact?

Benjamin Buckwold, Bicycle Nova Scotia, 880-7154, bbuckwold@bicycle.ns.ca

Route Description

Subject to Change.

Route departs from the Emera Oval at 11:00 am and will proceed southward via Bell Road and Spring Garden Road to University Avenue, and then head back to the Emera Oval via Summer St.