



Safety in Group Cycling

CYCLING FOR MINORS 101: BIKE MS RULES OF THE ROAD FOR CYCLISTS & PARENTS

Your family has joined the movement and together, you are cycling to create a world free of MS!

The National Multiple Sclerosis Society wants you to cycle safely. It is important to understand that there are risks associated with cycling and road rides. It is critical that parents, guardians and their children understand these risks and are comfortable that a young cyclist has both the skills and judgment to ride safely.

This is especially important while participating in group cycling activities, like Bike MS. Our focus is to provide a high quality, safe and fun bicycling experience.

Following are some of the considerations that a young cyclist and their parent or guardian should make when participating in a Bike MS event.

CONSIDERATIONS FOR A YOUNG CYCLIST

- Minors (under 18 years old) **MUST** be accompanied by a parent, guardian or responsible adult over 21 years of age at all times — on and off the route.
- All cyclists, including minors, need to possess basic bike-handling skills and safety knowledge to keep themselves and others around them safe.
- Parents must review the rules of the road with their children in advance of the ride to make sure they understand and can follow them.
- Each cyclist must always carry identification, emergency contact information and insurance cards while riding and participating in a Bike MS event.
- Headphones, cell phones, radios and similar radio devices are not permitted while riding.
- The route is not closed to traffic, so cyclists need to exercise caution at all times and obey all rules of the road.
- There will be many cyclists on the course, so young cyclists should fully understand rider etiquette and how to ride in large groups.
- This is a fun ride and not a race. All cyclists should ride at a comfortable pace and take full advantage of route support whenever needed.
- Alcohol may be served and identification will be checked. Please remind young riders that they must be “of age” (21 or older) to consume alcohol during the event.
- In partnership with the League of American Bicyclists, the National MS Society has developed materials and coursework that provide good, basic information about bicycle safety and riding in a group:
 - “Bicycling Safety Tips for Adults”: League of American Bicyclists”, located at: bikeleague.org/programs/education/shortversion.wmv
 - Participate in a Group Riding skills class and review the Group Riding Student Manual. Ask your chapter contact for more information.