

What To Do In Case of a Serious Accident on a Group Ride

Although we all try to ride safely, accidents will happen. If you are the ride leader, please follow this coordinated emergency response, which should cover all the essentials. Ideally there will be 4 people, each prepared to take on one of the following roles so they can be done simultaneously. Otherwise, some may have to be done in sequence. You should take control and assign tasks.

1. **Crowd Control.** Get other riders and bicycles out of the road and away from the victim.
2. **Protect victim from traffic.** If victim is on the road. If possible to do so without risking your own safety, position yourself between the victim and oncoming traffic. Direct traffic around the victim. You can use your bike as a barrier to make yourself more visible.
3. **Call 911.** The most important information is location. Try to provide name of town as well as cross streets. If possible, give information about what happened and condition of the victim(s). If no cell signal, go to a nearby residence or flag a motorist.
4. **Attend to the victim.** If there is anyone who knows CPR or has more advanced training, they should take this role. If you don't have any training, just keep the victim from further harm:
 - o Don't move or allow the victim to move head or trunk unless absolutely necessary (moving can contribute to paralysis if there is spinal injury).
 - o Don't remove their helmet.
 - o Don't give food or water.
 - o If they are conscious, talk to them. Just make sure they don't nod or shake their head in response (don't want them moving head or neck).
 - o Let them know help is on the way.

Leaders: What YOU Do if There Was an accident on Your Ride

If an accident has occurred on your ride, we'd like riders to know that we are concerned about their well-being. We are interested in their feedback to evaluate ways we can make our club rides safer. To help us do that, we'd like you to:

1. Follow-up with the rider(s). Ask how he/she is doing.
2. If they have been injured, have them submit a LAB Accident Insurance Report Form. Note: this form needs to be signed by the ride leader or official with no relationship to the injured (preferably another leader). Forms can be found on our website at http://biketcbc.org/docs/form_accident_report.pdf.
3. Whether or not the rider(s) have been injured, ask them to fill out the TCBC Incident Survey. <http://biketcbc.org/docs/index.html>

If you are aware of an accident on a ride, ask the riders involved to inform the ride leader (if not present at the accident site) that there was an accident.