



Revised date: March 24, 2026

Activity Guidelines

Wascana Freewheelers Bicycle Touring Club Inc.

Wascana Freewheelers Bicycle Touring Club Inc (the Club) rides are all recreational in nature as the Club does not offer competitive rides.

The Club offers rides weekly on Wednesday evenings from May to the end of August. The routes vary each week.

In addition, the Club offers rides on weekends or weekdays during the riding season. The routes and timing for weekend or other weekday rides also vary and it would be unusual but not impossible for the Club to ride the same route twice in a season.

The Club also may offer opportunities for weekend excursions or multi-day tours. Weekend or multi-day tours may involve one or more rides in segments out and back from a central point (like a campground) or to cover a certain point to point geographic distance (sometimes a loop).

The Club rides will cover a variety of types of rides including road, gravel or trail rides.

Most rides are in or around the City of Regina. If the ride is a weekend excursion it is usually away from Regina. Multi day tours covering point A to B geography or loops usually are away from Regina.

The use of E-Bikes:

- An electric bicycle also known as an e-bike is a bicycle with an integrated electric motor which can be used to assist propulsion. Electric power bicycles have two classifications in Saskatchewan. Both must have engines with a 500-watt-power limit and must not be able to exceed 32 km/h. Throttle assist can be operated by pedaling and the motor or motor only. The electric assist bicycle does not require a license and

helmets are required. Both are treated as regular bicycles in regard to local bylaws.

Types of E-bikes:

CLASS 1 – have various pedal assist modes.

CLASS 2 - have pedal assist modes and a throttle.

- Pedal assist e-bikes be allowed to be ridden on Club sanctioned rides since the action of pedaling is required to activate the bike.
- Only Class 1 e-bikes will be allowed on Club sanctioned rides. No other types of speed control such as handlebar throttles allowed
- If a member brings an e-bike on a Club sanctioned ride, said member is responsible for all aspects of its condition, including charging.
- An e-bike rider should be certain they have sufficient battery reserve for the ride they have chosen (fully charged battery and spare if needed)

E-bike safety and etiquette:

- Due to the weight and acceleration of e-bikes, extra space behind other riders is required.
- It is considered bad form for an e-bike rider to aggressively pass regular bike riders up steep hills
- Those choosing to ride an e-bike need to be fully self-sufficient and ensure that their bike is in good working order (as with all members' bikes) with particular attention to the specific elements of the electric components such as the battery.

The process for advertising Club rides and tracking participants:

- As part of our Executive we have a Wednesday Night Ride Coordinator and a Weekend Ride Coordinator. Members of our Club propose ideas for rides and volunteer to lead rides.
- These ride ideas are vetted by the Coordinators and if accepted are set up on an App called Cycle Club App. The App provides a description of

the ride, the name of the ride leader, starting place, start time and finish time.

- The Ride Leader should be as descriptive as possible in the App for the ride and let riders know if they are expected to bring food or whether a restaurant stop will be planned.
- Only Club members have access to Cycle Club App and members use the App to learn about the upcoming ride and electronically sign up for the ride.
- Ride Leaders are able to update the details of their ride in the App if there are changes. The App notifies any rider who is signed up for the ride if there are changes. If the ride needs to be cancelled this is done in the App and all signed up participants are notified electronically.
- At the start of the ride the Ride Leader takes attendance electronically in the App (on their phone) and records any “no shows” or adds any members who have arrived but have not signed up for the ride. The App stores the participant data indefinitely.
- At the conclusion of the ride the Ride Leader closes out the ride in the App and notes any incidents in the App.

The role of the Ride Leader:

- Choose a route which you feel is safe and appropriate. Consider the amount of traffic, difficult intersections, road surfaces and distances. Consider when the sun will set and plan a distance that will see the ride completed in relative daylight. Not all riders will have lights.
- In choosing start times consider the time of year weather. If it is going to be hot ride early.
- Create a map or a turn key sheet and pre-ride the route if you have time.
- Some rides will have themes or commentary (like a tour) but this is not necessary. Our members are happy to just get out and ride.
- When you complete the details of your ride in Cycle Club App be sure to include details such as the start point, approximate distance, a general description of where you are going and if any special type of bike is required.
- Invite a Co-Leader. Keep an eye on the number of riders who have signed up on Cycle Club App. Generally, if the number of riders exceeds 12 we may need to split the group into two or more groups.
- If it appears that you may need a Co-Leader invite someone to help you with the ride. Provide the map or turn key sheet to your Co-Leader

ahead of time if possible so that they have a chance to familiarize themselves with the ride.

What materials will you need to have with you to Lead a Club Ride:

You will need the following materials:

- A pen.
- A copy of the S.C.A. incident report.
- Your smart phone to access Cycle Club App. If you don't have one we will find someone to help with this.
- Not mandatory but if you have a mirror on your bike it helps to keep track of the group.
- Either the Ride Leader or someone in the group must have a first aid kit.

Cancellation or changes to a ride:

- If a ride needs to be cancelled this is completed in Cycle Club App which then notifies any rider signed up for the event. Cancellation is mandatory in the following conditions:
 - Active lightning in the area.
 - An active Environment Canada Weather Warning.
 - Air Quality Health Index (AQHI) at 8 or higher.
 - Temperature at over 40C, or Humidex at over 40.
 - Wind speed at over 40kph.
- Other conditions should be considered and may cause the Ride Leader to cancel the ride at their discretion. Weather Watches should be considered carefully and if you are not comfortable in terms of safety then cancel. That said, spitting/light rain or cool weather are generally not reasons for cancelling as most of our members have gear to ride in these conditions.
- On a best efforts basis if a ride needs to be cancelled try to cancel at least one hour before the start time of the ride. Understandably this may not always be possible.
- It is imperative that if changes are made to the ride plan that these changes be updated in the App so that all participants will be notified electronically.

The day of the ride:

- Ride Leaders arrive at the start point early and greet riders as they arrive. Take attendance in Cycle Club App as riders arrive. Don't forget to click save as you update the attendees.
- All our Club rides are no drop so select a rider to be sweep who will ride last and ensure that no riders are dropped.
- If a member shows up who has not put themselves into the ride on Cycle Club App, you can add them to the ride in the App.
- Mark any riders who have indicated in the App that they are coming and have not arrived as "no show".
- Any member of the executive can help you with managing the Cycle Club App functions. Most of our members are pretty good about using the App correctly but occasionally someone forgets.
- If an individual(s) shows up to the ride who is not a member of the WFW's you will need to ask if they are a member of the Saskatchewan Cycling Association. If they are, they are free to ride in our events.
- Non-Saskatchewan Cycling Association members may ride in our Club rides only if they have purchase a SCA "Recreational Day Pass" or if the ride is designated a "Try It" ride.
- Ensure that the ride is being recorded in Strava (or other App) either by the Ride Leader or another rider.

Ride Leaders will do the pre-ride reminders to the riders such as:

- All riders are responsible for their own safety. If the rider ahead of you goes through the intersection you still have to look before you proceed. Don't worry if you get stopped, the group will wait for you.
- Follow the rules of the road.
- Ride single file allowing for a safe distance between bikes. Quick stops sometimes happen.
- Call "car back" if you are aware of a vehicle coming up from behind. If you are passing another cyclist alert them by saying "on your left".
- If you leave the group prior to the ride ending let the sweep know so we are not looking for you.
- Try to introduce any guests or new members and make them feel welcome. If they don't know anyone appoint a buddy to ride with and answer questions.

- It is a requirement that all riders are wearing a helmet. There is no exception to this rule as it is a Saskatchewan Cycling Association rule.
- Divide up the group if necessary, introduce the Co-Leader if necessary and ask for volunteers to sweep. Ask your sweep to keep you apprised of who has left. As Leader you want to make sure everyone gets to the finish point if they are still participating in the ride. If they have left the ride they are on their own.
- Select a ride pace that is comfortable for the riders. Check with them early in the ride.
- Stop for water breaks as necessary. Remember to give slower riders a chance to take a break. Don't take off as soon as the slower riders arrive at a stop point.
- Try and keep the group together. It is common for some riders to get stopped at an intersection while others ride on. Pause the ride in a safe spot for all riders to catch up.

Mechanical issues:

- All riders are expected to have basic tools with them to make an adjustment on their bike or change a flat tire.
- In the event that a less experienced rider has a mechanical issue it is expected that members of the group will assist and not leave a rider alone and stranded.

Accidents:

- We strive to have incident free rides but if there is an accident first follow the Club's Emergency Action Plan and then use the Incident Report to detail what happened.
- Deliver the Incident Report to the Wednesday or Weekend Ride Coordinator as soon as possible.

After the ride:

- When the duration of the ride has completed (end time in Cycle Club App) then Cycle Club App will allow the ride leader to go in and "Complete the ride". In this section you need to input the names of any guests who rode with the club and any incident. You can put this info in the "incident" box.

Deliver any Waiver forms or Incident reports to the Wednesday Night or Weekend Ride Coordinator at the earliest opportunity.