



Revised date: March 24, 2026

Emergency Action Plan

Wascana Freewheelers Bicycle Touring Club Inc.

The Wascana Freewheelers Bicycle Touring Club Inc (the Club) has adopted the following Emergency Action Plan to be followed in the event of an incident during a sanctioned Club ride.

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 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 or to cover a certain point to point to point geographic distance.

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 where the location of local hospitals is well known. If the ride is a weekend excursion away from Regina or a tour covering point A to B geography, the Ride Leader will determine the location of local hospitals or other services that could provide assistance (such as Park Ranger Station) in the area or along the route ahead of the ride.

If the ride is in an area where there is no cell service the Ride Leader will ensure that at least one rider has a satellite capable phone (iPhone 14 and above).

The emergency plan to be followed will be the same for all types of rides.

- If an incident occurs the ride will stop immediately and any rider will alert the Ride Leader.
- The Ride Leader will stay calm and delegate tasks to other riders.

- The Ride Leader with the assistance of the Sweep will marshal the riders to a safe area off the roadway or path.
- Don't move a rider if there is any suspicion of head/neck/back injury or broken bone.
- If there is an injured rider who cannot be moved the Ride Leader will assign riders to create a barrier to alert any oncoming traffic.
- Check for a response from the injured rider. Signs of confusion or disorientation or a broken helmet could indicate a concussion.
- The Ride Leader will make an assessment as to whether emergency medical assistance is required. If so, the Ride Leader will assign a rider by name to call 911 and report the location of the incident and request police and/or ambulance to attend. If in doubt call an ambulance.
- Follow the direction of the 911 operator if applicable.
- A First Aid Kit will be available on all rides and first aid will be administered.
- In the event that a rider is injured but does not need an ambulance but is unable to continue the ride another rider will be assigned to stay with the injured rider and a plan to have the rider picked up will be developed.
- The Ride Leader will obtain the emergency contact information from Cycle Club App and call the contact to advise them of the accident if necessary.
- The Sweep will be assigned to take notes in terms of what happened and who witnessed the incident for the purpose of assisting the ride Leader completing the S.C.A. incident report. The incident report will be filed with the S.C.A. as soon as possible after the incident.