

## **Gatineau Challenge - Riders Code of Conduct**

1. The training event is open to riders with a UCI license. Helmets are mandatory. Please check in before riding. Aim to be at the Gamelin parking lot before 6:20.
2. The training event is run with a rolling closure. We're aiming for a 30 to 60 second gap between the lead and the following car. This gives us about 300 to 500 meters. (Aim for 500)
3. Riders must not overtake the lead car.
4. Yellow line: The yellow line rule is in effect. Crossing the yellow line to advance position within the group is prohibited.
5. Dropped riders: Outside of the rolling closure, the rules of the road apply. The situations to avoid are: two abreast riding, large (over 15 riders) packs, and traffic signs. Motorists continue reporting these behaviours to the NCC and the RCMP, which in turn leads to more trouble for cyclists.
6. T intersection rule: If you are dropped before the right hand turn to the Champlain lookout, please do not jump back in as the group comes back down the Champlain parkway.
7. Dropping wrappers or bottles is littering. The Gatineau Park is a conservation park; littering is an offence that makes our access more difficult.
8. "Nice move": Please speak to each other and always ride safely. Recall it is a fun training event. As at the Seenite crits, the phrase "nice move" is to be used in place of other phrases.
9. Non-registered riders: To ride in the rolling closure, you have to be registered.
10. Passing other riders: The roads are open during the event. We will be passing other groups of riders. Please pass these riders ON THE LEFT with care and courtesy.
11. Violations and Sanctions: Violations of these rules will make our training event impossible to hold in the future. Repeated violations may lead to non-participation in the event.