



## RIDE CANCELLATIONS/CHANGES

### Weather

A ride will not run if weather or ride conditions are unfavourable or potentially unsafe, such as:

- Below zero temperatures
- Slippery surfaces
- High winds
- Lightning
- AQHI (Air Quality Health Index) Alert\* (risk of 7 or above)
- Steady rain at the ride start time that is likely to continue throughout most of the ride

Members should not arrive for a ride when weather conditions are unfavourable or potentially unsafe. If you have concerns about whether a ride will run, contact the Tour Leader for the ride by visiting the website ([Membership page](#)) and viewing the Membership List (available to paid members).

**Note:** Weather-related ride cancellations may not appear as 'cancelled' in the Ride Schedule.

- Heat Warning

On days with a heat warning, rides will run with the expectation that Tour Leaders and members will make their own decision about riding based on how they may be affected by the heat during the ride (e.g. morning ride temperatures may be under the heat warning threshold; whereas, afternoon and evening rides may reach temperatures aligning with a heat warning.) Always have plenty of water when riding in hot and humid weather.

A heat warning is issued by Environment Canada when:

- two or more consecutive days of daytime maximum temperatures are expected to reach 31°C or warmer and nighttime minimum temperatures are expected to fall to 20°C or warmer;

or

- two or more consecutive days of humidex values are expected to reach 40 C or higher.

- \*Air Quality Health Index (AQHI) Alert

It is the responsibility of each member to monitor the AQHI, with the understanding that when the Air Quality Health Index is high risk (7 or above) and an Air Quality Alert (Special Air Quality Statement or Smog and Air Health Advisory) has been issued by Environment Canada, all rides will be automatically cancelled. Rides will resume once the air quality alert has been lifted. During periods of moderate risk, Tour Leaders and members will make their own decision about riding based on how they may be affected by the air quality.

The Air Quality Health Index is based on the following air pollutants: Ozone (O<sub>3</sub>), Fine Particulate Matter (PM<sub>2.5</sub>), and Nitrogen Dioxide (NO<sub>2</sub>). The quality of the air and how it may affect your health is explained in the chart below.

Health Risk	Air Quality Health Index	Health Messages	
		At Risk Population	General Population
Low Risk	1-3	<b>Enjoy</b> your usual outdoor activities.	<b>Ideal</b> air quality for outdoor activities.
Moderate Risk	4-6	<b>Consider reducing</b> or rescheduling strenuous activities outdoors if you are experiencing symptoms.	<b>No need to modify</b> your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
High Risk	7-10	<b>Reduce</b> or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.	<b>Consider reducing</b> or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
Very High Risk	Above 10	<b>Avoid</b> strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	<b>Reduce</b> or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.

Air Quality Alert Email Notification

To sign up to receive an email when an Air Quality Alert (Special Air Quality Statement or Smog and Air Health Advisory) is issued, go to this link: <http://www.airqualityontario.com/alerts/signup.php>

**No Tour Leader at Ride Start**

An official Freewheelers ride can only proceed if a Tour Leader is present and if a Liability Release Form is signed by all riders. If a member volunteers to act as Tour Leader at the ride start and the Liability Release Sheet is completed, then the ride can proceed as a Freewheelers ride. If there is no Tour Leader by the start time, the ride is officially cancelled as a Freewheelers ride. Those in attendance may decide to do a non-Freewheelers group ride.

**Note:** Riders who do not sign the NFBTC Liability Release Form will not be permitted to join a ride.

**Rides Added/Changed/Moved/Cancelled**

Where time permits, notification of an added/changed/moved/cancelled ride will be provided to members via the website. Always check the Ride Schedule prior to a ride.

**Need More Information**

For more information about any rides, contact the Tour leader for the ride by visiting the website ([Membership page](#)) and viewing the Membership List (available to paid members).

Website: [www.thefreewheelers.com](http://www.thefreewheelers.com)