



2016 BP MS 150 Safety Coordinator Meeting

January 21, 2016



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Thank you to our host

The Heights Villa

Dinner provided by





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Agenda

- BP MS 150 Org Structure – Cyclist Safety
 - Safety Committee Focus
 - Safety Coordinator Role
 - Safety Cycling Representatives: Bike Medics, Police and Ride Marshals
 - 2015 Top Safety Issues
- LCI's and Group Riding Skills Courses
- Group Riding Skills Courses
- Team Safety Award
- Safety Calendar
- How to Contact the Safety Committee
- Safety Coordinator Feedback Request
- Q&A





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BP MS 150 Org Structure

Houston Volunteer Steering Committee



- Safety Committee
 - **Team Safety Coordinators**
- Ride Marshals
- Bike Medics
- Bike Police





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Safety Committee

Cycling Safety Resources

- Education:
 - BP MS 150 Web site
 - Safety Brochures
 - Ride Marshals & LCI's
 - New Rider Orientations (NROs)
 - Safety Coordinators
- Equipment:
 - Recommended Bike Shops (Bike Inspections)
- Experience:
 - Group Riding Skills classes
 - Ride Marshals & LCI's
 - League of American Bicyclists (LAB)
 - Recommended Rides






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BP MS 150 Website



2016 BP MS 150



 SIGN IN

About this Ride		About Bike MS	Register	Volunteer	Donate
RIDE HOME	FUNDRAISE	TEAMS	RESOURCES		
Ride Details	Tips & Tools	Team List	I Ride with MS		
News & FAQs	Get Social	National Teams	Ride for Someone with MS		
Lodging & Transportation	Matching Gifts	Team Resources	Stay Informed		
Routes & Maps	Awards & Incentives		Bike MS Store(s)		
Safety & Training			Site Help		
New Riders			Sponsors & Offers		
Youth Riders			Contact Us		
Get Ready to Ride					





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Culture of Safety: Safety Coordinator Role

- Team Representative focused on Safety
- Communicates safety messages
- Recruits Ride Marshals and LCIs for team
- Encourages and tracks completion of Safe Cycling Challenge safety quiz for team
- Encourages, organizes and tracks completion of Group Riding Skills course
- Understands Safety Award requirements and submits application, if team is qualified
- Ensures team submits TXDOT application, if needed

Website: [About this Ride/Teams/Team Resources/Captains Resources/Safety Coordinator Job Description.](#)





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Cycling Safety Representative's Jerseys



Cyclists with MS



I Ride with MS



Because We Can





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Cycling Safety Reps: Bike Medics

Chair: Joel Benavides

- Experienced licensed medical professionals
- Spread out Across the Route
- Serve as “First Responders” at Accidents
- Average # Bike Medics on BP MS 150: 120

Bike Medic



BlueCross BlueShield
of Texas

Bike Medic program sponsored by Blue Cross Blue Shield





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Cycling Safety Reps: Bike Police

Chairs: Charles Webb & Georganna Davis

- Include city, state, & federal law enforcement officers from across the U.S.
- Enforce traffic laws
- Assist with traffic in emergencies
- Provide extra support to Recommended Rides Organizers, tour officials, Ride Marshals, and Bike Medics
- Provide a police presence giving riders a sense of security and safety
- Average # Bike Police on BP MS 150: 75





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Ride Marshals





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Safe Cycling Reps: Ride Marshals

Chairs: Brian Hatt & Barron Lozano

- Provide “rolling safety education” to all participants
- Assist with starts
- Assist riders in distress
- Manage cyclist traffic at accident sites
- Keep participants on the road and enjoying the ride
- Represent the MS Society and project positive message about safe cycling
- Average # Ride Marshals on BP MS 150: 240

Website: [Volunteer/Skilled Volunteer Positions/Ride Marshal](#)





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Ride Marshal Requirements

- Registered Fundraising Veterans of 2 Houston-Austin BP MS 150 Bike Tours within last 5 years
- Willingness to help others
- CPR/First Aid Certification (current)
- Traffic Skills 101 for Ride Marshals course (every 3 years)
- Support at Least 2 Recommended Rides (30 supported in 2015)



Proud Sponsor of the Ride Marshal Program





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2015 Top Safety Issues on BP MS 150

1. Crossing the Yellow Line
2. Not Calling Out
3. Riding More than 2 Abreast
4. Headphones / Ear buds
5. No Hands on Handlebars

Additional Concern: Teams creating unofficial breakpoints along route





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League Cycling Instructors (LCIs)

- League of American Bicyclists' (LAB's) training program
- Instructor requirements: 30 hours classroom & hands-on bike safety training
- LCI required for Gold Level Safety Award
- LCIs available to teach Group Riding Skills classes to teams

Website: [About this Ride/Safety & Training/League of American Bicyclists](#)





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Group Riding Skill Courses

- Educate riders on what to expect in a large group rides
- Bike handling skills for riding in tight groups
- Classes offered by National MS Society
- Private class options for teams
 - Need parking lot
 - Discuss compensation with LCIs involved
- Search for LCIs at www.bikeleague.org

Website: About this Ride/Safety & Training/Group Riding Skills Course





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2015 Team Safety Award Winners

Silver (6) and Bronze (6) Level

Silver

Air Products
EMAS AMC
KSBJ Team Hope
Noble Drilling
Team Wood
Group
UniversalPegasus

Bronze

IHS
LyondellBasell
Marathon Oil
Team Audrey's
Heroes
Team Seadrill
Team Sun & Ski





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2015 Team Safety Award Winners Gold Level (12)

Bechtel Cycling Team

ExxonMobil Cycling Team

FMCTI Cyclers

IHI

Jacobs

Orion Marine Group

Schlumberger Cycling Club

Statoil

Team BP

Team Shell

**Team Texas Children's
Hospital**

Team Williams





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2016 Team Safety Award

4 Award Levels: Bronze, Silver, Gold, & Platinum (If awarded by Safety Committee)

- Safety Pledge
- Safety Coordinator Identified
- Ride Marshal member(s)
- Team without Safety Infractions during event
- Safe Cycling Challenge Completion
- Hands of Bicycle Skills/Training Class Completion in last three years
- *LCI member(s) – Gold Level Requirement*

Website: [About this Ride/Teams/Team Resources/Team Awards](#)





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2016 Safety Calendar

New Rider Orientations:

- Website: About this Ride/New Riders/New Rider Orientation
- Dates: Feb 1 (Austin), 3, 17, 24; March 2 and 9

Bike Safety Inspections:

- Website: About this Ride/Resources/Bike MS Store(s)
- Feb 15 – April 8 (Free); Beginning April 9 - \$15

Group Riding Skill Courses: (\$30 fee)

- Website: About the Ride/Safety & Training/Safety/Group Riding Skills Course
- Jan 30; Feb 6, 27; March 26; April 2, 9.

TXDOT Applications:

Approved in advance of BP MS 150



How to Contact the Safety Committee

- **New email address:**
bpms150safetycommittee@nmss.org
- **National MS Society Safety Committee Liaison:**
Camellia Jacks: Camellia.Jacks@nmss.org or
Kelli Dreiling: Kelli.Dreiling@nmss.org



Safety Coordinator Feedback Request

- Alternative to annual “Safety Awareness Week.”
- Best way to “share” best practices among Safety Coordinators





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Questions?





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Thank you for your time, effort and support of those with MS, your team, the BP MS 150 and our entire community!

Safe travels home!

