

2016 BP MS 150 Safety Coordinator Meeting

January 21, 2016



Thank you to our host

The Heights Villa

Dinner provided by







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





BP MS 150 Org Structure

National Multiple Sclerosis Society

Houston Volunteer Steering Committee



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





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





BP MS 150 Website

National Multiple Sclerosis Society



2016 BP MS 150

1 SIGN IN

	About this Ride	About Bike MS	Register	Volunteer	Donate
RIDE HOME Ride Details			AMS am List	RESOURCES	
News & FAQs Lodging & Tr			tional Teams am Resources	Ride for Someone with MS Stay Informed	
Routes & Map Safety & Trai		ds & Incentives		Bike MS Store(s) Site Help	
New Riders Youth Riders				Sponsors & Offe Contact Us	rs
Get Ready to	Ride				





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.



Cycling Safety Representative's Jerseys

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Cyclists with MS







I Ride with MS



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







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





Ride Marshals







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





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





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

<u>Additional Concern</u>: Teams creating unofficial breakpoints along route





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





Group Riding Skill Courses

National Multiple Sclerosis Society

- 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 <u>www.bikeleague.org</u>

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





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





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**



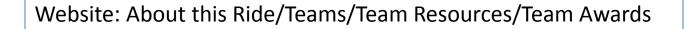


2016 Team Safety Award

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<u>4 Award Levels</u>: 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







2016 Safety Calendar

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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: <u>Camellia.Jacks@nmss.org</u> or Kelli Dreiling: <u>Kelli.Dreiling@nmss.org</u>





Safety Coordinator Feedback Request

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





Questions?





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!

