



Burlington Cycling Advisory Committee Meeting
Agenda

Date: May 28, 2024
Time: 7:00 p.m.
Location: Hybrid meeting- Virtual and Room 247 City Hall

Pages

1. Land Acknowledgement:

Burlington as we know it today is rich in history and modern traditions of many First Nations and the Métis. From the Anishinaabeg to the Haudenosaunee, and the Métis – our lands spanning from Lake Ontario to the Niagara Escarpment are steeped in Indigenous history. The territory is mutually covered by the Dish with One Spoon Wampum Belt Covenant, an agreement between the Iroquois Confederacy, the Ojibway and other allied Nations to peaceably share and care for the resources around the Great Lakes.

We would like to acknowledge that the land on which we gather is part of the Treaty Lands and Territory of the Mississaugas of the Credit.

2. Declarations of Interest:

3. Delegation(s):

4. Regular Items:

4.1 Chair update

4.2 Staff update (Dan Ozimkovic)

4.3 Food for Feedback (September 14)

4.4 Standardized outreach materials

4.5 Outreach opportunities

4.6 Integrated Transportation Advisory Committee update (Jon)

5. Other Business:

6. Adjournment:

1 - 4

Bike Maintenance

A

Air
Check if tires are inflated.



B

Brakes and Bell
Test brakes and inspect brake pads. Test bell.

C
1

Chain and Crank
Adjust and lubricate.

Before you start each ride, complete an ABCD check on your bicycle to make sure it is in good condition and is safe to ride.

A Air and everything to do with the tires

- Press your palm firmly on your tires to make sure they are inflated.
- Spin each tire to check for cracks or punctures.

B Brakes, bars and bell (or horn)

- Press hard on the right brake and walk your bicycle forward (the rear wheel should lock and skid on the ground). Remember Right = Rear!
- Press hard on the left brake and push your bicycle forward (the front wheel should lock and the back wheel should lift off the ground).
- Inspect the brake pads and cables to look for signs of damage or wear.
- Hold the front wheel between your legs while facing your bicycle and twist the handlebars left and right to make sure they are secure.
- Ring your bell to make sure it is loud enough for pedestrians and other cyclists to hear.

C Chain and crank

- Make sure that your bicycle chain is grey or silver. If it is black, it should be cleaned and lubricated, and if it is rusted, it should be replaced.
- Pull the crank arms away from your bicycle at the same time to make sure they are secure.

D Drop

- Lift your bicycle a few inches off the ground and drop it. Look for any loose or broken items that may need to be fixed.

If you notice any items that need attention during the ABCD check, contact your local bike shop to schedule a complete tune-up.

Cycling Safety

Do I need a helmet?

I'm a cyclist under 18 years of age	Yes
I ride an e-bike	Yes
I'm a child passenger in a bike seat or trailer	Yes
I'm an adult riding a pedal-powered bike	My Choice

Helmet Safety: 2-V-1 Rule



Two finger widths
above the eyebrows

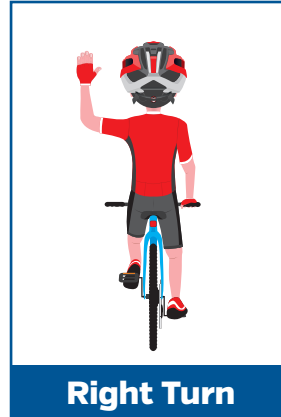
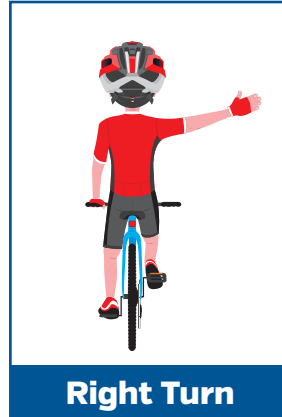
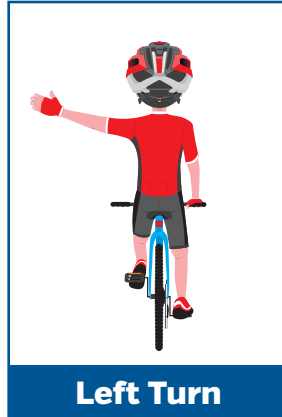
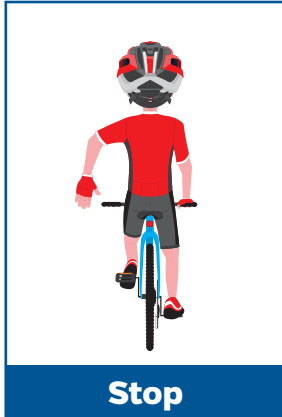
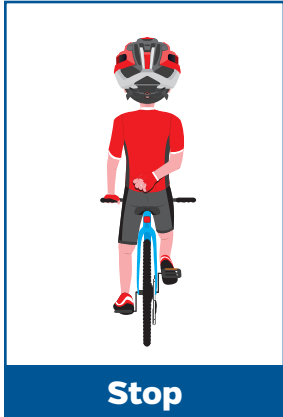


The straps should form a
V under each ears



One finger should fit between
the chin strap and chin

Cycling Hand Signals



Check the inside of the helmet for safety standards label such as:

- CSA - Canadian Standards Association
- Snell- Snell Memorial Foundation
- ANSI - American National Standard Institute
- American Society For Testing and Materials: ASTM F1447-94
- British Standards Institute BS 6863:1989
- Standards Association of Australia AS 2063.2-1990
- CPSC - Consumer Product Safety Commission

More information at burlington.ca/aboutcycling₄