

Rules & Regulations Cycle

Even though this event is a fun community day, it is vital that the safety of all the participants is protected on the day. Safety precautions have been put in place to ensure participants safety but it is vital that the cycle organisers, stewards, competitors / participants are familiar with the rules and regulations. The following are safety guidelines which should be adhered to on the day to ensure your own safety as well as the safety of all the other participants. **Entering the event implies acceptance of the rules and regulations of the event.**

- 1. No helmet = No Cycling.** You will not be permitted to take part in the cycle unless you are wearing a helmet at all times.
- 2.** Ensure your bike is **roadworthy** and that the brakes are in good working order.
- 3.** Cycle **two abreast** when there is safe space to do so.
- 4.** Maintain your line. Do not swerve out into the path of cars or other cyclists which may be passing. Do not constantly chop and change position.
- 5.** Stay the **right distance** from the bike in front of you – half a bike length is about right.
- 6. Stay back from vehicles** – allow a distance of at least the length of two bikes. Although they may provide a kind of windbreaker, this places a huge safety burden on the vehicle driver. You will not be able to see any hazards the vehicle driver has to avoid.
- 7.** Those at the back should **announce traffic** where necessary and this should be relayed to the front.
- 8. Signal and call** when turning, moving out, slowing or stopping so that other cyclists & cars will know your intentions. Be steady and try not to make sudden unpredictable movements.
- 9.** If you get a **puncture** announce loudly that you are “pulling in” out of the way as smoothly as possible.
- 10.** If you experience **any difficulties**, there will be mini-buses throughout the route to pick you up.
- 11.** Follow the directions of the **cycle stewards**. The cycle stewards will be wearing high-visibility vests and will provide water and directions to the cyclists along the route. The only function of the race stewards is to indicate direction; you, as a road user, must decide whether any intended movement is safe.
- 12.** Cyclists should be aware that the cycle takes place on **roads varying** from well surfaced roads to poorly surfaced roads. Cyclists must rely on their own ability in dealing with hazards and cycle in a manner that is safe for themselves and all others.
- 13.** Cyclists must at all times observe the **rules of the road**. Blatant transgression of these rules amounting to dangerous riding will not be tolerated by the race organisers or stewards.
- 14.** All participants should be aware that the road for the cycle is **not closed** to other traffic.