

**Bike & Rider Safety**

1. Ensure your bike is trailworthy. If it is not, you might be forced to retire from the event.
2. You must wear a helmet. Mitts, glasses and appropriate cyclewear (padded shorts, pocketed jerseys, rain jackets etc) are recommended.
3. Carry your own spare tube/s.
4. Ensure you have adequate water and food for each stage.
5. Use of mobile phones or headphones is not permitted while cycling.
6. Rest in the car when you are tired or fatigued. Note: there is limited space available in support vehicles.
7. Keep alert - most accidents happen through concentration lapses.
8. If you find a rider in distress, stop, assist and notify a marshal.
9. Be sun smart – cover up, wear sunscreen and sunglasses.
10. If you have issues with support crew, speak to the marshal – **not** the crew.

**Riding in a Peloton**

1. Bike Marshals will set the group speed, which is based on the slowest rider in the group. Please support weaker riders within your group.
2. Keep an eye on cyclists behind you and if a gap develops, tell riders in front to slow down.
3. Ensure you are fit and ride in the appropriate group.
4. Ride no more than two abreast.
5. Ride in single file when directed by your bike marshals/support crew.
6. Leave enough space between you and the bike in front.
7. Pass only in single file, and to the right of other riders.
8. Ride in a straight, smooth, even-paced line – **be predictable**
9. Communicate constantly with your cycling companions.
10. If you are the last rider, make sure you are within sight of riders behind you, especially at turns and deviations. Slow or stop if you lose sight of the riders behind you and inform other riders in front to notify the front marshal.
11. Communicate hazards:
- *Verbal* e.g. pothole, sand, glass, dogs, pedestrians, parked cars, railway tracks, road kill, debris, vehicles or bikes approaching from the front or from behind.
- *Non-Verbal* e.g. Hand signals for slowing, turning, required direction/position changes and to indicate location of hazards
**Pass messages through the group – verbally and non-verbally**
12. If you are holding up the group or creating a hazard, you may be required to travel in the car and/or change to another group at the next stop.



**Trail Safety**

1. Obey all WA road rules and the bike marshals.
2. Keep to the left at blind bends and corners.
3. When on roads, do not cross double white lines.
4. Be aware of your surroundings and other road users (motorists).
5. Be aware of other trail/road users - we’re using public trails and roads, heavy haulage vehicles use roads on parts of the route to be covered.
6. Move to the left of the road before you dismount, and group up near the lead vehicle so the rear vehicle can get fully off the road.
7. Walk your bike on the left edge of the trail or well off the road.
8. When stopped, keep well off the road.
9. Keep alert.
10. If cycling on shared paths or roads without support vehicles, ensure the group remains compact and to the left.
11. Road crossings, intersections and forks will be marked by the first rider behind the marshal. The marker directs the remainder of the group onto the correct path and rejoins the group as the second last rider, i.e. ahead of the rear marshal.

**Rider Tips for Beginners**

1. Unnecessary accessories increase the likelihood of unnecessary problems. Kickstands coming loose or poorly secured pumps have the potential for creating serious issues.
2. When riding on loose gravel, it is better to have a little less pressure in your tyres, somewhere between 35-40 psi is typical.
3. Your saddle should be set a little lower than on your road bike. This is to lower your centre of gravity which makes you more stable.
4. When riding downhill, move your weight further back. This reduces the chance of you going over the handlebars if you brake too suddenly or your front wheel hits an object.
5. You tend to follow your eyes, so try to watch the line you want to take rather than the hazard.
6. Don’t attempt to turn sharply on loose ground. Try to steer by gradually shifting your weight.
7. When riding uphill on loose gravel, find a balance with your weight far enough back to give good traction on your rear wheel, and far enough forward to keep the front wheel on the ground but not digging into it.
8. To jump not-so-small rocks and logs, try to get the wheel hitting the object at right angles. Move your weight backwards while you put a burst of pressure into the pedal, lift the handlebars with both hands. The wheel should lift fairly easily. You might want to practise with objects while riding on the lawn. Try to keep the momentum up. Otherwise, if you’re too slow, the wheel hits the rock and stops. Look ahead, not at each rock. Try to look at least 5m ahead and plan your route to avoid hazards. Remember wet logs, roots and rocks can be very slippery.
9. When going over bumps, stand with pedals roughly horizontal and your legs bent. Your butt will appreciate the break.