

## RIDER GUIDELINES

### Safe Cycling Rules, Etiquette and Guidelines

**This is not a race. While we try to make riders in each group as evenly skilled as possible, there is always a fastest and a slowest rider. The group's pace is set by the slowest rider. Please make an effort to HELP slower riders, not to discourage them. Keep an eye on riders behind you and tell lead riders to slow down if gaps develop.**

**Do NOT ride within 6 m of the lead support vehicle.**

While riding, rider safety and enjoyment are paramount. The following rules and guidelines should help make the ride safe and enjoyable for participants and other trail/road users:

- 1) Obey all WA road rules **and** the bike marshals.
- 2) Your bike marshals will set the group speed, which is based on the slowest rider in the group. Please support weaker riders within your group. Do not allow gaps to form.
- 3) Keep an eye on cyclists behind you and if a gap develops tell riders in front to slow down.
- 4) If you have issues with support crew, speak to the marshal -- **not** the crew.
- 5) Ensure your bike is roadworthy.
- 6) Ensure you are fit and ride in the appropriate group.
- 7) You can change groups, but only at specific stops.
- 8) You must wear a helmet. Mitts, glasses and appropriate cyclewear (padded shorts, pocketed jerseys, rain jackets if required) are recommended.
- 9) Carry your own spare tube/s. Some will be available for purchase before the first leg each day and after arriving at camp points (please purchase before dinner).
- 10) Ensure you have adequate water and food for each stage - drink before you feel thirsty. You can buy fundraiser sweets from caterers at most food stops. You **must** have the **right cash**.
- 11) Use of mobile phones or headphones is not permitted while cycling.
- 12) Use of handheld cameras (including phone cameras) is not permitted while riding.
- 13) Ride no more than two abreast.
- 14) Ride in single file when directed by your bike marshals/support crew.
- 15) **Keep within the area defined by the support vehicles.**
- 16) Do not cross double white lines.
- 17) Be aware of your surroundings – Look around.
- 18) Be aware of other road users - we're using public roads; heavy haulage vehicles, school buses, caravaners and other motorists use roads on parts of the route to be covered.

- 19) To ride safely in large numbers it is important to:  
Leave enough space between you and the bike in front  
Ride a straight, smooth, even-paced line - **be predictable**  
Communicate constantly with your cycling companions
- 20) Communicate Hazards:  
Verbal - e.g. pothole, sand, glass, dogs, pedestrians, parked cars, railway tracks, road kill, debris, vehicles approaching from the front or from behind...  
Non-Verbal – Hand-signals for slowing, turning, required direction/position changes and to indicate location of hazards
- Pass the messages through the group – verbally or using hand-signals**
- 21) Cross railway tracks at **right angles** i.e. ⇨|| (**not at an angle** ⇨ // or ⇨ \). This means if the track is at an angle, you must change your position on the road so that you can cross at right angles.
- 22) Move to the left edge of the road before you dismount. Group-up near the lead vehicle so that the rear vehicle can get fully off the road.
- 23) When stopped, keep well off the road.
- 24) Keep alert – most accidents happen through concentration lapses.
- 25) Rest in the car when you are tired or fatigued – **limited vehicle space is available for riders having difficulties.**
- 26) If you are holding up the group, or creating a hazard, you might be required to travel in the car and/or change to another group at the next stop.
- 27) If you find a rider in distress, stop and assist and notify a marshal.
- 28) Weather can be a factor on this ride, particularly:  
Wind, Rain, Heat, Sun glare
- 29) Be sun smart – cover up, wear sunscreen and sunglasses.
- 30) If cycling on shared paths or roads without support vehicles, ensure the group remains compact and to the left. Make sure any group cyclists riding behind you are keeping up. Check regularly and if they are not, pass a message to the leaders that the group has split.
- 31) Note that the route is based on police permits. We cannot make arbitrary detours. If you have suggestions for alternative routes, please let the marshal or committee know for possible implementation the following year.



**Caution**

**Warning.** For the return trip home, riders using the bus have their bikes stored in closed luggage trailers. We take every care and place sheets of cardboard between adjacent bikes. However, if you wish to further protect your bike, you should consider additional measures. We do **not** recommend soft bike bags where wheels are removed from the frames.