

## Bike & Rider Safety

1. Ensure your bike is roadworthy.
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. Some will be available to purchase each morning.
4. Ensure you have adequate water and food for each stage. Support vehicles will have limited supplies.
5. Use of mobile phones or headphones is not permitted while cycling.
6. Use of handheld cameras (including phone cameras) is not permitted while cycling.
7. Rest in the car when you are tired or fatigued.  
Note: there is limited space available in support vehicles.
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. Do **not** ride within 6m of the lead support vehicle.
11. If you have issues with support crew, speak to the marshal – **not** the crew.
12. 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.

## 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. You can change groups, but only at specific stops.
5. Ride no more than two abreast.
6. Ride in single file when directed by your bike marshals/support crew.
7. Leave enough space between you and the bike in front.
8. Ride in a straight, smooth, even-paced line – **be predictable**
9. Communicate constantly with your cycling companions.
10. 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**
11. 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.

## Road Safety

1. Obey all WA road rules and the bike marshals.
2. Keep within the area defined by the support vehicles. Never pass the lead car. Never leave the group.
3. Do not cross double white lines.
4. Be aware of your surroundings and other road users (motorists).
5. Cross railway tracks at right angles
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. When stopped, keep well off the road and behind lead vehicle.
8. Keep alert.
9. If cycling on shared paths or roads without support vehicles, ensure the group remains compact and to the left.
10. Note that the route is based on permits. We cannot make arbitrary detours. If you have suggestions for alternative routes, please discuss with marshal or committee for consideration for following year.