



SAFETY WHILE CYCLING

When riding on a Bike for Bibles ride, the team will ride as one group. This is a great way for the team to bond, to talk, to protect each other from the wind, and to encourage those who need it at the time.

Some essentials while riding as a group:

1. Do not continuously look over your shoulders every few minutes. This is unnecessary and dangerous. It is difficult to hold a straight line when looking over your shoulder. It is also difficult to see what is ahead when looking back continuously. When the riders hear the roadies sound the horn, it is *not* necessary to turn and look all the time.
2. Some riders seem to gravitate to the white line in the centre of the road. This is dangerous, and all riders need to stay to the left at all times. There is no reason to ride in the middle of the road or to cross the lines.
3. Some riders tend to overlap wheels when riding in a group. It is too dangerous to overlap wheels, as one move could bring down the whole group.
4. Road rules are to be obeyed at all times. It is an offence to ride with no hands on the handlebars, talking on a mobile, riding on a footpath, or riding through red lights.
5. When necessary, the team may have to ride single file on narrow roads, or going up or down hill. The team will need to re-group once the hill has been conquered.
6. Riders should never wave the traffic through. The team needs to concentrate on what is ahead of them, not what is behind. It is dangerous to wave a car through.
7. Riding close to the wheel in front is an acquired skill. Do not force or allow any other rider to force someone to ride closer than they feel comfortable. We all know the benefits of riding as a close group, but need to be patient with those who need more time to feel comfortable, and to trust others in the team.
8. It is important for riders at the front of the group to warn those behind of dangers on the road, rocks, potholes and other road debris.
9. Riders to warn others when slowing or stopping by calling out 'slowing' or 'stopping' at the appropriate time.
10. Riders to call out 'ease up' if the group is riding too quickly for them and they are having trouble keeping up.

11. Items will not be passed out of a vehicle or into a vehicle by a rider while both are moving. One slip and the rider could go under a wheel. If there is a need for the team to remove jackets or layers, the Team Captain will stop at a suitable location and riders can then give their gear to the roadies to put in the support vehicle.
12. The Team Captain sets the pace of the group. There will never be a pace that will please everyone. Remember you can only ride as fast as the slowest rider.
13. Riders are not to be involved in sprints. Sprints are in breach of the Bike for Bibles policy, and riders are not insured for being involved in one. If anyone is involved in a sprint, they will not be welcome to continue the ride.
14. A warning system is needed to warn the riders of danger. The suggestion is 1 blast of the car horn for a reckless driver, 2 blasts for a truck, and a continuous blast for danger; pull over and off the road immediately. Riders need to be aware of this and just pull off without looking back. The roadies will not do a long blast unless needed.
15. Pushing riders is a skill that not all have. It is a matter of personal choice and ability. It is preferred that this not happen, however there may be times where experienced riders can assist in this way if needed. Each rider has been advised to train in all terrains, and should be able to make the climbs during the day.
16. It is preferred when riding in a group 2 abreast that riders share the lead, and rotate anticlockwise. This means that at no time is there ever 3 abreast on the road with someone dropping to the back of the group. The lead rider on the outside will move across to be the lead rider on the inside. The last person on the inside will move across and be the last person on the outside. There will be some who will remain at the lead longer than others, this is fine.

General Safety Issues

1. It is important for all riders to stay hydrated, and to fill their water bottles at each break. Sports Medicine Australia recommends this plan; 15-20 minutes before exercise drink up to 500ml. of fluid. Every 15-20 minutes during exercise drink around 150-250 mls of fluid. After exercise maintain a regular intake of fluid. It is important to drink water before feeling thirsty. Drinks containing caffeine act as a diuretic, and will make people go to the toilet. Even on a cold or wet day when wearing a spray jacket, a rider can still lose a lot of fluid.
2. It is not a failure on anyone's part to have a break off the bike. If a rider has an injury, or other problems, it may be necessary for the team captain to suggest having a short break for one of the sessions. No one is expecting a rider to exacerbate an injury or weakness during this event. The whole reason for the ride is to take the Gospel and Literacy to people in Kenya.