

CYCLE SAFETY GUIDE

We have put together some suggestions on how to ensure you are safe during your cycle challenge. This isn't an exhaustive list but it is designed to get you thinking about your safety whilst cycling and includes some useful tips on how to stay safe.

HEALTH AND FITNESS

Make sure you are physically fit enough to complete the challenge in the timescale set. If you haven't exercised at this level or in this way recently, we advise you to get a medical check-up and ask a doctor if this challenge is suitable for you.

Make sure you are physically well and healthy. Do not attempt any challenge if you are unwell or injured.

EQUIPMENT

Whether you plan to cycle outdoors or indoors you must perform a check of all your equipment before you start to ensure it is all in good working order. This includes your bike brakes, lights, wheels and tyres, gears, and any additional equipment such as turbo trainers. You must also check any safety equipment such as helmets, visibility aids etc. If you plan to cycle outdoors ensure you have tools/spares for any unexpected emergencies. If you plan to cycle indoors think about safety and suitability of the space including factors such as heating/cooling, lighting, ventilation, other equipment in the room, trip hazards, other people, leads/wires/electricity etc. Ensure you have a safe equipment set up that follows the manufacturers instructions and is suitable for the activity requirements.

CLOTHING

Ensure you are wearing appropriate clothing for the activity and the conditions. Avoid any clothing that could obstruct your activity. Make sure you are dressed for the weather and temperature at the time of your challenge activity and for the forecast for the duration of your challenge activity. Always wear appropriate safety equipment for your challenge and location such as helmets, visibility aids and any protective gear. If cycling in sunny conditions consider if your glasses are suitable and consider sun protection.

NUTRITION

Ensure that you have enough supplies for good hydration and nutrition for your planned cycle session and you are well hydrated before you start.

FIRST AID

Have a plan in case you require any emergency first aid during your challenge activity. Carry some first aid supplies and have a basic knowledge of first aid for common cycling injuries. Ensure you have identification on you and ICE/next of kin emergency contacts that are accessible to others if you are unable to provide these details yourself - make sure your phone's emergency contact settings are up to date. Consider a tracking app so someone can track your location.

INFORM

Always make sure that someone knows that you are exercising and all the details such as when, where, how long for and what to do in case of emergency or you not returning when expected.

AWARENESS

Make sure you are fully aware and understand any rules, laws or regulations for the venue/location of your activity. Eg if you plan to cycle on the roads you must be fully aware of the Highway Code and laws for your area. If you plan to cycle off road are there any restrictions in place.

RECORDING

Make sure that you have a plan of how to record your session details for your challenge and test that this method works before you begin.

STAY ALERT

Make sure you are fully attentive to your activity at all times and adapt according to any unexpected changes in your health, weather, location etc.

RECOVERY

Make sure you recover safely with rest, nutrition, hydration and treatment as needed.

Enjoy your challenge!!