

SJP Tuscany Cycle Challenge 2020

Group Cycling - Staying Safe

This document is a guide for challengers who have, or who are planning to, sign up to a challenge cycling event. It is designed to help you stay safe and enjoy your challenge, if you have any specific concerns we will be glad to help. (info@adventure-café.com)

Space Apart from Other Riders

The most common cause of accidents is riding into hazards or other riders. DO NOT rely on someone in front to tell you if they're slowing down / stopping or if they see a hazard—rather—you MUST ensure that you give yourself enough time and space. Nor should you ride close side by side— there is a serious danger of locking handlebars—not a good day out :-)

Communication

The most important factor to safe riding when near other riders is communication. Make sure you pass any verbal signals to riders behind you. If you are slowing down, or if there is a hazard ahead on the road.

Be aware—Keep Eyes Up and Looking Forward

Stay relaxed in a group but constantly look around, don't just follow those in front. Make sure you can see past riders in front to see what is ahead.

Obey the rules of the road

We will be riding on roads open to traffic, always stay on the correct side of the road and respect junctions. If you need to pull in make sure it is safe to do so and once stopped get your self and your bike off the road. Be courteous to other road users.

Single File

Please stay single file unless on a very open quiet road—never double on descents or on twisty roads.

Ride consistently

Your movements will affect those cycling close to you. Try to hold a straight line, when braking try not to grab your brakes. Never overlap wheels (half wheeling) with the rider ahead of you, he/she will be concentrating on what's ahead and if they need to move out it is likely to cause an accident.

Responsibility

It is your responsibility to ride safely and to be mindful of other road users. Remember to keep hydrated and eat well whilst riding as this will help you to maintain your concentration.

No Alcohol During The Day & No Headphones

These are 2 areas where risk levels are increased—so please wait for beer until you reach the end of the day's riding. If a ride leader sees riders consuming alcohol during the day, then they will strongly recommend that they join the support vehicle to get home!

Bright Clothing / Rear Light

You may wish to pop your own rear light on the hire bike, and you should definitely ensure you wear bright clothing. This is to draw attention to yourself on the road—to make sure that drivers spot you!

Safe Descending

Always give plenty of space between you and the rider in front. Feather the brakes, and do not build up too much speed. Brake well before any corners and look at the exit as you enter a bend. No overtaking manoeuvres should be done whilst descending. Check your tyres are in good condition and pumped up to the correct psi.

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