

Your health

Your leader is the appointed First Aider, but is also concerned for your general well-being. Let them know if you aren't feeling well. If they aren't around - stop, rest or use the support vehicle.



Try to get in the habit of doing a few stretches before and after your ride.



Keep your energy up by eating properly, including snacks during the rides as needed.



Drink plenty of fluids - little and often - especially in high temperatures.

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Staying found

- 1 Make sure you have the leader's phone number and try to have your mobile/cell phone with you. If you think you are lost - stop and stay where you are.
- 2 Sometimes your leader will ensure the group cycles together. At other times you can cycle at your own pace - you can cycle with others or alone.
- 3 Listen to the leader's instructions before each ride section to know where to stop or turn.
- 4 Don't cycle ahead of the leader unless they say its fine.



The right kit



Wear a cycle helmet at all times - it's Exodus policy!



Always carry eye protection - Sunglasses or clear plastic lenses - to keep the glare and flies out.



Wear padded shorts for your own comfort! We also always recommend cycle gloves.



Think about suitable footwear - stiff soles & 'closed toes' are preferred.



Remember to bring at least one water bottle, you'll need it half way up that hill!

Know your bike & use it properly

✓ Make sure your bike is properly set up for you - ask your leader if the saddle is at the right height.

✓ Change gear at the right time for a smooth and safe transition.



✓ Give your bike a quick check each morning - the leader will show you the 'M-check' at the start of the trip.

✓ Make sure you know which is your front brake and which your rear (ask the leader if not sure) and always use both brakes evenly.

✓ Let the leader know if you have any concerns about your bike.

How to ride

1 Avoid distractions - like using headphones or trying to take photos while riding.

2 Ride 2 to 4 bike lengths behind the person in front and at a sensible speed.



3 Cycle single file - or two abreast when safe and legal to do so.

4 Don't ride right next to or in the gutter.

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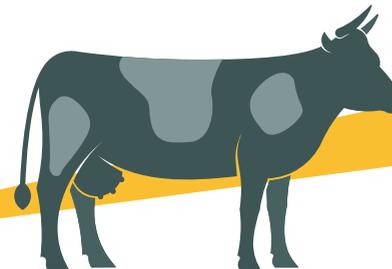
Road & traffic hazards

! Don't expect other road users to notice you or to give way - make eye contact, or ride conservatively.

📢 Help your fellow riders by highlighting any potential hazards when riding in a group.

🔍 Be on the constant look out for road hazards - potholes, gravel, wet surfaces, animals etc. Look 10 metres ahead, not at your front wheel!

HOLY COW!



Follow your leader's advice about the best way to ride safely according to local traffic conditions and laws.