

Wild Boar Challenge Bike Ride - Riders Safety Notes

Number to ring in case of emergency 07721 376638

1. This event is not a race.
2. All road junctions must be approached with care and the Highway Code adhered to.
3. Riders should ride in single file where practicable and no more than two abreast and must be considerate to other users (walkers, joggers, animals) at all times
4. Riders should slow down or dismount at bridges and locks
5. It is recommended that all riders wear approved safety helmets
6. If riders fall in to the canal, no attempt should be made to retrieve bicycles
7. All riders are asked to report accidents. Injured or distressed riders should also be reported to the emergency number above. First Aid and or recovery will then be arranged as quickly and efficiently as possible.
8. If riders retire for any reason they should contact the emergency number above.
9. Riders should not participate if they are not in good health or have a medical condition that could put them at risk.
10. Riders who do not regularly ride long distances should be aware of their limitations and shouldn't continue to ride in a state of exhaustion.
11. The time limit for the ride is 6 hours Participants should choose the route length they feel able to complete comfortably.

Note: Riders entering the 65km route may be directed to continue on the 50km route if the marshal considers they will not complete the challenge in the time available

12. Riders must not consume alcohol while on the ride.
13. All riders must ensure that their bikes are in good working order including brakes and tyres. It is recommended that a basic maintenance kit is carried.
14. The weather such as excessive heat, cold wind or rain can affect riders so it is advisable to wear sunblock on exposed skin and carry extra clothing safely secured to cope with inclement conditions. Sufficient water should also be carried.

