



## **Bicycle Safety and Etiquette**

Mary Bridge Children's Courage could not take place without the support and coordination of numerous local communities and agencies. Please obey these general rules and respect the local citizens who welcome this event with open arms. Below, you will find some general road riding etiquette and rules that should be used to create a safe environment for all involved.

**1. WEAR A HELMET AT ALL TIMES.**

2. **Lights** - Lights are required for ALL RIDERS during dusk and dawn riding. Your lamp(s) must be bright enough for others to see you from a distance. Also, it should produce enough light that the roadway in front of you is illuminated at a safe level for cycling. Small blinking lights are often insufficient for both of these roles. You may be asked to leave the course during these hours if your light is underpowered.
3. **Bike Maintenance** - Make sure your bike is in a safe, ride-able condition. Tires should be properly inflated; all components should be secure.
4. **Follow the Rules** - Follow all signage and instructions. Courage is a Rules of the Road Event. There will be times when vehicle or pedestrian crossings will occur. Please be alert and defer to all traffic devices, PD, or Staff that may be controlling an interchange.
5. **No Personal SAG Vehicles** - Personal SAG (Support and Gear) Vehicles are not permitted under any circumstances. You may also not have family members, friends, etc. following you on the route in their vehicles. This is extremely dangerous to your fellow riders as well as other drivers.
6. **Radio Devices** - Headphones, cell phones, radios and other similar devices are NOT permitted while riding.
7. **Be Predictable** - Smooth, consistent riding is the key to ensuring everyone riding around you feels comfortable and that you are not a hazard to yourself and everyone else.
8. **Know Your Limitations** - At the first sign of fatigue or thirst, it is often past the safe point. Please monitor yourself closely and utilize the support we offer en route. Please exit the course and rest, eat, or drink until you are prepared to return to safe cycling. Review the preparation tips and warning signs contained in this document.
9. **Call Out Any Change** - Call out "Slowing", "On Your Left", "On Your Right", "Car Up", "Car Back", etc. These movements are best performed with both verbal and hand signals when possible.
10. **Do NOT Overlap Wheels** - Be cognizant of those around you and pay attention to the position of your front wheel vs. their back wheel. Any sharp swerves or changes in speed will directly affect the riders around you.

11. **Use Caution in Groups** – Please use caution and courtesy when riding in groups. Only pass others safely and be aware of all cyclists around you at all times. Pace line riding is for experienced cyclists and strongly discouraged by any who may not be at this level. Groups riding in an unsafe manner will be asked to exit the course.
12. **Signal** – Be sure to signal with your hands and voice so that everyone knows your intentions.
13. **Stay to the Right** – Ride as far to the right as is practical, unless making a left hand turn or avoiding hazards in the road. This will allow faster cyclists to pass safely on the left. If you must stop, do your best to move off the road when you stop. When slowing or stopping, always announce the maneuver verbally.
14. **Leave No Man/Woman/Child Behind** – If you are riding in a group and get separated, please arrange a designated meeting spot for your group. Do not stop in course traffic to wait and endanger others.
15. **Use Caution On Descents** – Watch for signage indicating dangerous descents and be ready to slowly apply the brakes if necessary. When descending and turning, make sure your inside leg is at the “12 o’clock” position, not “6 o’clock”.
16. **“Thank You”** – Courage would not exist without the many volunteers and agency support on-course. Please take the time as you ride by to thank them for dedicating their time to the event. This event is about community and we value the role everyone plays in its success.
17. **Please Report Any Unregistered Riders Immediately to Event Command, PD, or Staff** – All riders are required to wear their event bib tag.
18. **The course will be staffed with Safety Riders and Marshals-** These people will be identified by the bright yellow shirts they will be wearing and/or the Courage branded vehicle decals. Please report any unsafe practices or conditions immediately. These riders will enforce the use of helmets and lights by all participants.
19. **We reserve the right to remove any rider from the course at any time for just cause that includes but is not limited to the following:**
  - a. Careless, reckless, or inconsiderate riding
  - b. Usage of a personal SAG (Support and Gear) Vehicle
  - c. Headphone or cell phone usage while on-course
  - d. Failure to have a lighting system during necessary hours
  - e. Noncompliance with Traffic Regulations
  - f. Riding after consuming drugs or alcoholic beverages

### **General Course Safety- What to Look Out For:**

1. **Crossing/ Fast Moving Traffic-** There may be points along the course where you will encounter crossing vehicular and pedestrian traffic. Please be aware of these intersections and alert to the Rules of the Road
2. **Hazard/ Rough Road-** If present, these areas will be marked and signed by Event Staff prior to the start. Please keep an eye on the roadway in front of you and be aware of your surroundings at all times. Make gentle and predictable moves to avoid obstacles and announce your intent with verbal and hand signals.

3. **Climbs**- Each course may feature rolling hills or a climb or two. In these sections, please move to the right as your speed decreases to allow faster riders to pass on the left. As always, announce your movements with hand and verbal cues.
4. **Descents**- What goes up must come down. Please be prepared and use extreme caution when descending. Speed will increase rapidly. It is always a good idea to keep your hands on the brake levers and be prepared at all times.
5. **Signage**- Please pay close attention to all event signs. These will include hazards, directional, cautions, and weather.

## **Medical Support**

Medical support will be available on the routes. Participants on course needing assistance should stop at any one of the Rest Stops, flag down a SAG Vehicle, or notify a staff member or volunteer who can radio for assistance. **For all emergencies please call 911.** For any non-emergency needs, please call the event hotline (855-500-3229), which is also located on the back of your rider bib.

The medical unit will be equipped with a team of medical personnel, emergency and First Aid supplies. It is critical that all participants fill out the back of their bib number with their emergency contact information prior to the Event. Should you need medical assistance, this will greatly help the staff in monitoring your condition and in locating your emergency contact if necessary.

Medical personnel reserve the right to withdraw any participants from the race who appear to be in distress or at risk should they continue to participate.

## **Preparation Tips**

- Hydrate: Drink enough fluids to maintain your baseline body weight, but be aware of over-hydration. If you begin to gain weight above your baseline body weight, you are drinking too much water and depleting your sodium level. (A condition known as "Hyponatremia" can occur when there is a lower than normal concentration of sodium in the blood. Sodium is a critical electrolyte that aids nerve and muscle function, and helps to maintain blood pressure.)
- Eat: Eating enough foods to maintain nutrients your body will use is critical. Create an eating plan that incorporates the right nutrition for you. Rest Stops will feature many choices.
- Utilize both water and sports drinks to stay hydrated and maintain sodium levels.
- Pay attention to the weather forecast and dress for the appropriate weather conditions.
- Plan to adjust your pace/goals for the weather. The changing temperatures may require more of your body's energy and resources to maintain normal function, so a slower pace than originally planned is recommended in order to get you to the finish line without overheating.
- Course Marshals will be present throughout the ride. Volunteers have access to the medical team to assist in any medical situation. Please familiarize yourself with the routes.
- Please be sure to apply sunscreen regularly throughout the event.
- Rest Stops will be incrementally located on each route. These will have water and snacks as well as Rest Rooms.
- For participants who require medical assistance, Medical staff may be contacted by any volunteer or marshal.
- Please take the time to fill out the emergency information with a ball point pen on the back of your bib. Make note of the event hotline number.

Courage is committed to providing the safest possible experience. We need your help to use your best judgment, alter pace accordingly and pay attention to your body's warning signals at all times.

## **Know the Warning Signs**

**Heat Exhaustion**-This common condition is usually the result of salt and water (volume) depletion. The body's temperature is usually within a range from normal (98 degrees) to 104 degrees Fahrenheit.

Symptoms include:

1. Dizziness
2. Fatigue
3. Weakness
4. Lightheadedness
5. Nausea
6. Vomiting
7. Headache
8. Muscle ache

As outdoor athletes, many of us have suffered from the symptoms of heat exhaustion. These symptoms usually respond to rest, cooling, and hydration. While not severe, if untreated the symptoms can escalate into a serious condition known as heat stroke.

**Heat Stroke**- Heat stroke occurs when the body is no longer able to effectively cool itself and begins to shut down. It should be treated as a medical emergency with immediate evacuation and treatment in a hospital setting. A patient with heat stroke will have a temperature above 105 degrees Fahrenheit, nervous system degradation, and a lack of sweat production.

Symptoms may include:

1. All the signs and symptoms of heat exhaustion
2. Irritability
3. Bizarre behavior
4. Confusion
5. Hallucinations
6. Clumsiness

These symptoms demonstrate involvement of the central nervous system (brain and spinal cord). Many of us ride with friends with these symptoms (usually brought on by a certain beverage) but in the setting of heat and sun exposure, suspect heat stroke.

Other signs of heat stroke may include:

1. Excessive body temperature
2. Dry skin and lack of ability to sweat
3. Abnormal body posturing
4. Excessive weakness
5. Shock
6. Seizure
7. Coma

**Hypothermia** - Almost everyone who has spent time in the wet/rainy cold outdoors has experienced some of the signs and symptoms of mild hypothermia. If treated properly in the field, the symptoms will rarely degenerate into life-threatening severe hypothermia.

#### Signs and Symptoms

##### Mild Hypothermia

- Patient has the "umbles" - fumbles, stumbles, bumbles
- Difficulty with fine motor skills (may have difficulty zipping clothes)
- Shivering
- Skin may be flushed and cold to the touch.

##### Moderate Hypothermia

- Violent shivering
- Loss of coordination
- Difficulty speaking
- Slow thinking and mild confusion

##### Severe Hypothermia

- Shivering stops. Muscles become stiff.
- Diminishing level of consciousness.
- Patient may be disoriented, confused or irritable.
- Inability to stand or walk.
- Skin is blue or puffy.

## **Weather**

Very close attention will be paid to event weather prior to the event. There are a variety of conditions that would cause concern for the event. Any decisions made will be communicated to the event as soon as possible. Event Staff will work closely with local and national weather experts to monitor conditions at all times.

In the case of a weather emergency, the plan of action will be detailed in the Event Guide. Each venue will have an Emergency Management Plan developed prior to the event. Location of shelter and instructions will be included in the literature.

## **Course Status System (CSS) Update**

The Courage Ride implements a color-coded communication system to communicate the status of course conditions to participants through out the event. The status levels range from Low (Green) to Moderate (Yellow) to High (Red) to Extreme (Black) based primarily on weather conditions, as well as other factors.

The color-coded CSS will be communicated in the following ways:

- E-mail communication during event week to inform participants of the current Course Status and provide preparation tips based on advanced weather forecasts.
- Updates will be made at early packet pick up and through public address announcements.
- The CSS status will be communicated at the event via public address announcements and color-coded signs/flags at the start/finish areas, in front of Selwyn and in the Expo area.
- Social media updates through Facebook and Twitter.
- All participants should familiarize themselves with the CSS prior to the event and remain alert for directions from police, event staff and announcers.

Please take precautions to prepare properly for varying weather conditions on event day. For any medical emergencies, please dial 911. A non-medical emergency hotline is available at any time by calling 855-500-3229. Please share this information with any spectators you know who will be attending the event.

## **Event Alert System Table**

<b><u>Course Status</u></b>	<b><u>Event Conditions</u></b>	<b><u>Recommendations</u></b>
<b>Closed</b>	Course Closed; Event Delayed Extreme and Dangerous conditions	The course may be closed in a delayed or cancelled status. Participants should follow the local law enforcement and/or the event director's instructions.
<b>High</b>	Potential for dangerous conditions	Participants should monitor how they feel very closely. Recommendations include slowing down; reducing event mileage goals, increasing the number of breaks or stopping event participation.
<b>Moderate</b>	Less than ideal conditions	Be prepared to slow down for worsening conditions.
<b>Low</b>	Good Conditions	Enjoy the event.