



## Le Gran/Terra fondo2024



### **Safety Guidelines for Participants**

#### **Before the Event**

- **Health and Fitness:**
  - Ensure that you are in good health and physically prepared. Consult a doctor if necessary.
  - Train appropriately for the distance and terrain.
- **Equipment Check:**
  - Fully inspect your bike: brakes, tires, gears, and lights.
  - For Terra Fondo, use tires suited for off-road conditions.
  - Wear a helmet that meets safety standards, and consider additional protective gear like gloves and knee pads.
  - Equip your bike with front and rear lights, as well as reflectors.

#### **During the Event**

- **General Safety:**
  - Follow traffic laws, signals, and event rules.
  - Follow the instructions of organizers, marshals, and leaders.
  - Stay within designated lanes or paths.
- **Riding Etiquette:**
  - Ride predictably, signaling your intentions.
  - Maintain a safe distance from other cyclists.
  - Do not use headphones or phones while riding.
- **Hydration and Nutrition:**
  - Drink water regularly and bring enough with you.
  - Carry energy snacks to maintain your energy levels.
- **Emergency Situations:**
  - Familiarize yourself with the event's emergency numbers.
  - Assist injured cyclists and alert event officials if necessary.
- **Weather Preparation:**
  - Check the weather forecast and dress accordingly.
  - Be prepared for sudden changes in weather.

## Terrain-Specific Considerations

- **Terrain Awareness:**
  - Stay alert for loose gravel, rocks, roots, and other obstacles.
  - Adjust your speed and technique based on the terrain.
- **Bike Handling:**
  - Practice good bike handling skills, especially on descents and technical sections.
  - Use appropriate gearing and braking techniques to maintain control.
- **Navigation:**
  - Follow course markers and signs to stay on track.

## After the Event

- **Recovery:**
  - Follow a recovery routine to avoid muscle stiffness.
  - Hydrate and replenish with a nutritious meal.
- **Reporting Issues:**
  - Inform the organizers of any safety issues or incidents.
- **Equipment Maintenance:**
  - Inspect your bike for any damage after the event.

## Additional Recommendations

- **Group Riding:**
  - Communicate with your group, and be aware of cyclists around you.
- **Road Conditions:**
  - Be vigilant about road conditions: potholes, debris, and wet surfaces.

Remember that your safety is in your hands! Even with escort vehicles, remember that the road is shared. As a cyclist, you are primarily responsible for your own safety. Stay alert, follow traffic rules, and never assume the road is yours alone. Your caution makes all the difference in ensuring that everyone can enjoy the event safely.

The Technical Committee - Gran Fondo Shediac 2024

