



## BRAT Sunday Cycling

### Important Information Before You Cycle

- If you have any Covid symptoms, please do not attend the ride.
- If this is your first ride, please email [cycling@bratclub.co.uk](mailto:cycling@bratclub.co.uk), group riding experience will need to be checked. There is skill involved in group riding, inexperience in a group ride can be a danger to the rest of the group. Anyone turning up who has not been checked will be turned away from the ride.
- You must book on through Club Spark, if you have not registered on Club Spark please go here: <https://clubs.britishtriathlon.org/BirminghamRunningAthleticsTriathlonClub/> (Here is a useful guide on creating an account: <https://bratclub.co.uk/wp-content/uploads/2020/08/Creating-Account-and-Logging-In.pdf>)
- For insurances purposes, it is a requirement for the leader to have emergency contact details/medical requirements of all attendees. You need to add this in Club Spark, you only need to do it once and it remembers for the next time (here's a guide on how to add your details: <https://bratclub.co.uk/wp-content/uploads/2020/08/Adding-Emergency-Contact-Details.pdf> )
- Novice cyclists are welcome and will be paired with an experienced member of the group.
- All attendees are recommended to watch these useful short videos on Group Cycling Etiquette, Hand Signal and Voice Calls. <https://www.britishtriathlon.org/training/road-safety/group-riding>
- You must wear a helmet, no helmet, no ride, no discussions!
- Your bike must be road worthy and in sound mechanical order, if the bike is deemed unsafe then no ride. Please perform a safety "M" Check in preparation. <https://youtu.be/6AZFqhOWa8Q>
- Attendees must carry spare innertubes and multitools etc. You must carry out your own repair in the event of a mechanical breakdown.
- Attendees must carry a mobile phone in case you need to be recovered.
- Ensure you are fit enough to and can maintain the speed which is advertised.
- Ensure you wear appropriate clothing for the weather conditions.
- Bring enough drink and food to keep you fueled for the ride.
- Bikes must be fitted with mud guards for the winter months.