

**Aldeburgh Triathlon
Cyclists' Information Sheet**

WARNING: CYCLING CAN BE DANGEROUS

We want you to cycle safely. Our guide below sets out the risks. Please read this before you make your final decision to compete. It's important that you make an informed decision and understand that although we take health and safety seriously we cannot eliminate all risks which might arise.

You should not cycle in this event unless:

1. You are at least 18 years old.
2. Your bicycle is safe, and in particular the brakes are in good working order.
3. You do not suffer from any medical condition which is brought on or made worse by cycling. A non-exhaustive list of medical conditions which could be made worse by cycling is set out below.

You should be aware that:

4. Cycling exposes even fit people to risk to their health and safety, and that these risks include: Road Traffic Accidents; increased risks in the event of an RTA where bikes are unsafe (for example where the brakes aren't in good working order); increased risks in bad weather (for example because brakes don't work and/or road users can't see where they are going); aggravated injury arising from use of helmets which do not satisfy current standards and/or are damaged and/or don't fit and/or aren't securely fitted; exhaustion, especially in hot weather; cramp; dehydration; other medical conditions which can be aggravated by exertion, such as heart attack.

You must:

5. Obey the health and safety instructions given to me by The Race Director
6. Cycle with due care for my own safety and that of others, and specifically:
 - Wear a helmet which satisfies current standards *and* isn't damaged *and* is a good fit;
 - Abide by the Highway Code; and
 - Comply with the mandatory foot down stops and advice from marshalls.
7. If you suffer any adverse medical consequences as a result of cycling you must notify the medical officer as soon as you can.

** This is an illustrative list of the medical conditions that might be brought on or made worse by cycling, it is not exhaustive:
Heart conditions such as angina, previous heart attacks, heart failure.
Asthma especially asthma which is poorly controlled or brought on by exercise.*