



Tour de Cure Training Rides – Covid update 28 July 2022

COVIDSafe Riding

We need you Fully Vaccinated (i.e. 2 vaccine doses)

Outdoor gatherings are currently unlimited under each State's Health Orders. Our training rides will adapt for any new changes to each State's Health Orders, when the conditions arise.

As a cancer charity, whom cares for the wider community, we naturally have riders who are or have been immune compromised. This is to protect everyone we interact with, both within the team and the wider community.

Our training Ride Leaders will not ask to sight your COVID-19 digital certificate or print out of your Australian Immunisation History Statement at training. However, you will be needed to provide proof of vaccination at the commencement of a TdC tour, to participate in that tour.

Before the ride

- RSVP Early – with numbers in each bunch limited, we need to know if you are coming so we can arrange enough ride leaders.
- If you are sick. Stay home – **regardless of your vaccination status**, we are asking riders having any respiratory conditions, symptoms of the flu or a cold not to join our rides. Rest and then train when you're feeling better.
- If you have a household member with covid, please RAT test yourself prior to the training ride, and only attend if you have a negative result.
- At all times practice good hygiene to avoid transmission of illnesses. TdC recommends washing your hands with soap and water and sanitizing as good hygiene practice.
- Ensure you come properly provisioned for the ride bringing enough food and water for yourself.

On the ride

- We will limit the size of our bunches as required on training ride for safety and operational requirements
- Do not share food or water – everyone must carry enough for themselves.



- Riders must not clear their noses in the bunch or do anything else to expose other riders to risk of infection. Please pull over to the side or be at the very back of the peloton, to perform this activity.
- Stopping at lights or at an intersection, we will keep our gaps in the bunch as much as we can while remaining safe. If riding behind or stopped behind another bunch we will aim to keep at minimum 1 car lengths (10 metres) between them.
- As always please listen to the instructions of your Ride Leaders and we will always be following the road rules.

After the ride

- We will look to an outdoor venue for breaks and end of ride coffee, where possible.
- When parking for coffee - gloves, helmets and hats/headbands must stay with the bike and not on the coffee table. Please use hand sanitizer before and after the coffee & toilet breaks.
- We recommend you wash ALL of your kit every time, this includes gloves, hats, headbands, gilletts or waterproof gear no matter how much you did or didn't use them. You may want to consider a wipe down / wash of your bike, helmet and glasses as well.

Do you need to tell us about any other concern?

If you have an impairment and/or medical concern that may impact your ability to ride the bike safely in a peloton please see your Peloton Manager so that we can discuss how we can best accommodate you in the peloton during the training ride.

Do you need to leave the bunch early?

Please note that riders leaving the ride early take responsibility personally for their own safety and guidance.

Once you have left the TDC organised ride, you are riding as an individual outside the responsibility of TDC training management. Effort will be made to accompany riders that may turn early but the TDC training crew cannot guarantee that Ride Leaders will be available.

What do I need to bring?

- Spare tube & gas & tyre levers
- Phone
- ID
- Money
- Lights if riding in the dark

When riding with Tour de Cure we insist that you:

1. Read and commit to the TDC Etiquette document:
<https://tourdecure.com.au/media/1049/tdc-etiquette-guide.pdf>
2. Hold a current bicycle organisation membership; e.g. AusCycling or Bicycle Network. This provides you with 3rd Party insurance.
3. Ride a road bike in excellent condition (no tri-bars or flat bars), regularly serviced, clip-in pedals, working front/rear lights, & cycling kit.
4. All riders are required to wear a helmet meeting AS2063/NZ 2063 or equivalent. Helmets must have a manufacturers mark stating its compliance with the Standard and be in good condition. If your helmet is not approved or is damaged you will be asked not to ride with us on this training ride.