



LINCOLNSHIRE QUADRATHLON CLUB

RIDER CYCLING TIME TRIAL SAFETY INSTRUCTION

1. Cycling Time Trials and the event promoters strongly advise the wearing of a hard shell helmet that meets an internationally accepted safety standard.
2. NO DRAFTING of other riders on the course.
3. No U-turns in start/finish area.
4. No stopping at the finish.
5. Warming up must be away from the start/finish area and not along the course.
6. Obey the marshal's instructions who will warn of approaching riders who are racing or nearby traffic.
7. Caution when negotiating turns on the course ~ be aware of surface conditions and any traffic present.
8. Take care when negotiating:
 - sharp left corner (and on return leg) in Susworth next to The Jenny Wren public house.
 - right turn onto the river bank High Street road ~ follow marshal's instructions.
9. Be aware of surface conditions at all times, particularly when close to farm buildings, field exits and road junctions.
10. Please return all numbers + safety pins to an official after completing the race.
11. If you retire from the race please inform the time keeper or a race official.



KEEP SAFE AND ENJOY YOUR RACING!!