



Road Cycling

**Aim to be self sufficient even when riding in a group.
Own your own safety Every. Single. Ride.**

Must haves for outdoor riding:

- **Helmet**
- **1-2 water bottles (filled)**
- **Cell phone (in plastic bag to keep it dry)**
- **Money - cash / credit card**
- **Personal ID and Emergency Contact name / number to carry on your person** > either a Road ID (purchased @ roadid.com) or write your name and cell # + your emergency contact name and cell # on paper and put in a zip lock to keep it dry. Carry it in your pocket.
- **Personal ID and Emergency Contact name / number to put on your bike** > stick this where you keep your flat tire changing stuff.
 - Why? If you get in an accident and you're taken from the scene without your bike, not only do you want your bike back but you want the people remaining at the scene to still have access to your emergency contact information so they can make needed follow up calls.
- **Route Map** > know where water & snack refills are on your route
- **Flat Tire Changing Items** (even if you don't know how to use them yet) > spare tube, tire levers, CO2 or portable pump. Any bike store can help ;) (Put your ID + emergency contact info in with this stuff)
- **Good bike lights and reflective gear** > **our goal is to be as highly visible on our bikes as possible**. Good bike lights can be expensive - *but worth it* > you want them to light up like your life depends on it. Amazon and Garmin sell bike light options. Bright helmets, clothing and shoes are helpful as well.
- **Car Key Storage** - can be helpful to let someone know where your car keys are in case, god forbid, an accident happens and they need to move your car.
- Tracking options: Life 360, Road ID, and Garmin all offer tracking options.
- If not riding in a group, let someone know when and where you'll be riding.

Rules of the road

you will see lots of riders not following these rules
we give no shits about what others are doing

We will be the example out there & we will keep ourselves and each other safe.

- **Ride to the right** > do. not. drift. into the road.
- **Single file** > once out of traffic, 2 abreast is okay but stay to the right and get into single file when cars are coming. We never win in a fight w/ a car.
- **Communicate** - yell, point, make eye contact > own your own safety out there and do not assume other cars or bikers see or hear you. Confirm you are safe to go.

If an accident occurs:

Realistically, no two accidents will happen the same way so there will be many game-time decisions. Here are some basics to consider:

Priority: Scene Safety and Injured athlete care

- Make sure it's safe for you to approach the athlete (ie don't step into traffic etc)
 - this sounds obvious but in the moment our brains are super focused on helping the injured person.
- If there is risk of spinal damage do not move the athlete at all - wait for paramedics

Decisions / Tasks (divide up if possible):

- Do you need to call 911?
- Can we safely move the athlete (and bike) to a safe place out of the elements?
- Acute care - what does the athlete need immediately for wounds?
- Who can stay with the athlete and help give basic comfort and care
- Who can call the athlete's emergency contact and/or deal with 911 call
- If there was a car involved, can get the name / contact info / insurance info of driver (use phone to take pix of these)
- Is someone available to take pictures of the scene (license plate, bike damage, person damage, etc)
- Figure out what to do with the athlete's bike and possible car if they drove to the ride start (may need to get keys from athlete).

- Write down what you remember at some point

Side note:

If an athlete has a crash, they are coming to an abrupt activity halt > their body may still be whirling from that - keep an eye out for reactions related to hydration, food needs, and core body temp.

Helpful items to keep in your car trunk for just-in-case:

- Towel or 2 you don't mind getting dirty
 - uses: cleaning up an athlete, putting it down for an athlete to sit on, using to help an athlete stay warm
- Plastic garbage bag (great for putting stinky shoes or helmets in)
- Basic first aid kit (can make your own or there are ready to go ones on Amazon)
- Clorox wipes - just for general cleaning after the fact (not for athlete wounds! Just nice to have a way to wipe down your own hands, car etc after the fact).