



# EVENT RULES

## General

- The event is a multi-day stage road event of an endurance nature. Each stage will be between 100km and 160km long and participants must be of sufficient health and fitness at the outset of the event to be able to complete it.

## Medical

- The event organizers reserve the right to withdraw a rider who is not deemed physically capable of continuing by the event medics.
- Any medical expenses incurred will be for the participants account and will be claimed from their medical aid.
- All participants must have comprehensive medical aid or other insurance to cover any medical expense which may be incurred whilst participating in the event and carry details of such on their person whilst riding.

## Hygiene Protocols

- At water points, hand sanitiser will be provided. Participants are forbidden from touching or handling anything (food or bottles) that may be touched by another person.
- Nutrition will be dispensed by crew members into clean individual re-usable bowls.
- Should any rider or crew member develop a temperature or persistent cough they are to report same to the Event Safety Officer and/or the Event Medics.
- Blowing noses whilst within the peleton is strictly forbidden. Riders are to distance themselves completely behind the rear of the peleton before performing such practices.



## EVENT RULES (Cont'd)

### Bicycles

- Bicycles must be in safe working order at the commencement of each day.
- Maintenance of bicycles during the event is the responsibility of each rider.
- TT or aero bars are not permitted, except on the TT section
- Bike repair and/or services will be available from an outsourced service provider.

### Helmets and Clothing

- Safety approved cycling helmets must be worn for the duration of the event.
- Appropriate riding attire, including a shirt, must be worn at all times.

### Traffic Regulations

- Participants will not have exclusive use of any public roads during the event.
- Participants must adhere to the rules of the road according to SA traffic regulations, unless directed by a police officer or marshal designated by a police officer.
- In particular, participants must not cross the central dividing line on any road under any circumstances.

### Nutrition and Hydration

- Riders retain the ultimate responsibility to carry enough water and nutrition with them.
- The event organizers will provide water, energy drinks and nutrition at water tables en-route.

### Environmental

- Riders are expected to respect the environment at all times and littering of any kind will not be tolerated.
- Litter disposal facilities will be made available at water tables or within event vehicles.



## EVENT RULES (Cont'd)

### Basic Bike Riding Rules and Etiquette

- Participants will adhere to group riding etiquette, warning other riders, by signal or verbally, of any intention to manoeuvre or stop, or of any impending danger or obstacle.
- Riders may not pass the lead vehicle at any time unless directed by a police officer, marshall or event organiser.
- Riders must act in a polite manner at all times and must not endanger themselves or fellow participants.
- Participants must not use their cell phones, headsets or personal music devices during the event.
- No blowing of noses unless safely behind the rear of the peleton

### Registration and Briefing

- Registration and initial briefing takes place at the venue and at the time and place indicated on the event website. Subsequent briefings will be held as advised.
- Participants will be briefed as to the nature and rules of any competitive sections within the stage and how prizes, if any, may be awarded.