

KC Wheelers regards **SAFETY** as the No 1 priority when out cycling. Now that we are getting back on our bikes and the spins become more regular and longer, **SAFETY** has to be a priority for everyone.

We would like to highlight a few of the main **SAFETY** points that we would like you to think about/work on when out cycling, especially when in groups.

- Helmet must be always worn.
- Normal rules of the road apply.
- The use of earphone or such devices are not allowed when out cycling with KC Wheelers.
- Know the route/distance you are going on in accordance with your level of fitness.
- Food / Nutrition - Preparation for a cycle - good breakfast, hydrated, bring plenty of the right snacks especially if going on a long cycle.
- Have the appropriate clothes for the conditions.
- Bike maintenance – important to check regularly and have bike in good working order.
- Always have 2 spare tubes and a working pump with you.
- No passing on the inside of another cyclists.
- When cycling in a group it is important to get comfortable cycling in pairs (side by side) and moving safely through the group (up/down), this makes the group cohesive.
- To alert others in your group it's very important to "call" potholes, glass, obstructions etc when you come across them.

For the new and not so new cyclists it would be worth having a look at the Cycling Ireland web site for more detail on **SAFETY** and cycling etiquette.

Some useful links.

<https://www.cyclingireland.ie/education-courses/resources/>

<https://www.youtube.com/watch?v=MopmcaKry-Y>