

# BOGNOR REGIS

## *Cycling Club*

### **Time Trial Rules & Etiquette**

#### **Mandatory:**

1. All participants must wear hardshell helmets with a recognised safety mark
2. All cycles are required to be fitted with a working LED or equivalent rear light. Preferably 3 LED's and flashing
3. The rider's number must be visible to traffic approaching from the rear of the rider and to the timekeeper on passing the finish line
4. Riders are not permitted to warm up on the course once the event is underway
5. Do not approach the timekeepers before or after finishing
6. After finishing, follow the prescribed course departure route

#### **Advisory:**

1. Please shout your number as you cross the finish line
2. Participants should avoid wearing dark colours – aim to be seen
3. Use tyres and wheels appropriate to the conditions and always check that your machine is roadworthy
4. Acknowledge/warn other participants when overtaking wherever possible
5. Do not overtake (undertake) on the inside of another rider
6. Negotiate corners, roundabouts and other junctions with respect for yourself and other road users. Do not cross white lines into opposing traffic flows
7. If spectating, where possible try to avoid riding on the course – use alternative cycle paths/roads where possible
8. Do not abuse marshals, timekeepers or other people who have given up their time to facilitate the event
9. Leave the event HQ and surrounding area neat and tidy. Respect local residents/facility users

#### **Discipline:**

- Failure to comply with any of the mandatory elements will result in the rider not being allowed to start or disqualified after the event
- Repeated failure to comply with the mandatory elements or failure to ride in line with the spirit of Advisory points 5,6, & 8 will result in the rider being excluded from all BRCC club events for the remainder of the season

How to contact us:

Via our website – [www.bognorregiscyclingclub.org](http://www.bognorregiscyclingclub.org)

Find us on Facebook – BRCC