

CODE OF CONDUCT

In order to enhance your safety, the safety of others and your fun during the Cape to Cape MTB we would like to promote and encourage all riders and supporters to adopt this code of conduct. C2C is committed to the promotion of mountain biking as a positive, active and health lifestyle choice. We also want all of our participants to respect the beautiful environment that we traverse and adopt the Leave No Trace Principles.

Respect the rules of health and safety

- Be prepared – take food, water, tool kit and basic first aid. Although we make every attempt to have a water station on course (at approximately the half way mark), we strongly recommended that all riders carry sufficient water and electrolytes to prevent dehydration. Unforeseen circumstances do sometimes occur and water may be unavailable on course. Riders who have medical conditions (eg asthma) should carry their own medication for the duration of the event.
- Bike should be in good working order and well maintained. You must ride what is considered to be a mountain bike, by definition of frame, appropriate wheel and tyre size. No other types of bike will be permitted, unless otherwise defined by special entry category.
- All riders must wear an Australian Standards (AS/NZS 2063) approved bicycle helmet that is in good working order and well maintained.
- No headphones/earphones to be worn on course.
- Riders should only withdraw from the course at a communication checkpoint where they should advise the C2C team member of their race number and details. This is to ensure every rider is accounted for at the end of the days racing.

Respect Others

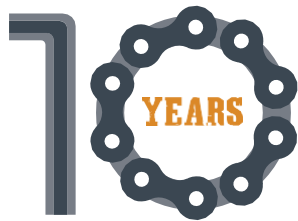
- Ride in control and within your ability level – so you can safely avoid objects and keep yourself intact.
- When overtaking, signal your approach and pass with care.
- When stopping, move to the side of the trail where you can be seen by other approaching riders.
- Take care of the people around you and pass your knowledge onto others.

Respect the Trail

- You will ride through natural parklands, please respect the trail and the surrounding flora and fauna.
- Clean your bike after each days ride to prevent spreading weeds and soil diseases.
- Take your rubbish home – like banana skins, old tubes and gel wrappers. C2C follow the Leave No Trace principles.

Emergency Procedures

- Accident on course --- if a rider crashes in front of you, this is not an opportunity to pass them! Stop immediately and ask if they need assistance! The first rider on the scene of a crash is in charge of the situation and should remain with the injured rider as long as necessary. If a serious injury occurs, ask the second rider on the scene to direct oncoming riders, and send the third rider to the nearest communication point for assistance. Remember, if a rider is seriously injured do not move them, even if they are blocking the entire trail! Keep in mind that time considerations will always be given to those who stop and assist injured riders.
- In an extreme emergency dial 000 for assistance.



Rules of the Race

- The Cape to Cape MTB event is raced on the principles of fairness and all final decisions will be made by the Race Director.
- The Cape to Cape MTB uses a number of roads (both bitumen and gravel) to link up the course. When riding on a road it is important to understand that while traffic management is in place, the road remains open to vehicles and normal road rules need to be obeyed.
- Time penalties – penalties may be given at the discretion of the Race Director should a course volunteer report your race number for any of the following:
 - Failing to dismount at a marked dismount point
 - Littering
 - Offensive language or behaviour
- Time Credits – may be given at the discretion of the Race Director, in particular for assisting with an injured rider