



Tour de Cure Training Rides

Tour Training – All Tours and all of the TDC Family welcome

TDC Riding Level

On each TDC Supported Ride you will meet for a 15 minute briefing prior to rolling. We will advise the expected length of time of each ride including a mid-ride break and refill of water bottles – this is always dependent on traffic and any other unexpected delays.

COVID-19 riding conditions to limit the spread. Subject to change.

Bunch rides are a form of social gathering and a possible way of spreading COVID-19. While riding we believe that we are far away enough from each other, but there is still some risk.

Before the ride

- If you are sick. Stay home - we are asking riders having any respiratory conditions, symptoms of the flu or a cold not to join our rides.
- TDC encourages all riders to download, register and have open the COVIDSafe App while you are outside your house and in the bunch <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>
- RSVP Early – we need to know if you are coming so we can arrange enough ride leaders.
- At all times practice good hygiene. Wash your hands with soap and water prior to leaving the house and if you can, carry hand sanitiser.
- Ensure you come properly provisioned for the ride bringing enough food and water for yourself.
- Gathering before the ride – please keep a physical distance – if there are more than the allowed number of people congregating together we will attempt to separate into groups early on. When we have enough riders for a peloton we will brief and roll that group.
- We understand it will be exciting early to see your friends but we will be doing the right thing, staying physically distant and separated to stop the spread.

On the ride

- We will limit the size of our bunches as required by the authorities and ensure we are keeping the maximum allowable distance between riders.
- Do not share food or water – everyone must carry enough for themselves.
- Riders must not clear their noses in the bunch or do anything else to expose other riders to risk of infection.
- Stopping at lights or an intersection we will keep our gaps in the bunch as much as we can while remaining safe. If riding behind or stopped behind another bunch we will aim to keep at minimum 2 car lengths (20 metres) between them.
- As always please listen to the instructions of your Ride Leaders and we will always be following the road rules.

After the ride

- When parking for coffee - gloves, helmets and hats/headbands must stay with the bike and not on the coffee table, always keep enough physical distance from people near you and wash your hands with soap whenever it is possible or use hand sanitiser.
- **We recommend you wash ALL of your kit every time, this includes gloves, hats, headbands, gilets or waterproof gear no matter how much you did or didn't use them. You may want to consider a wipe down / wash of your bike, helmet and glasses as well.**



Do you need to tell us about any other concern?

If you have an impairment and/or medical concern that may impact your ability to ride the bike safely in a peloton please see your Peloton Manager so that we can discuss how we can best accommodate you in the peloton during the training ride.

Do you need to leave the bunch early?

Please note that riders leaving the ride early take responsibility personally for their own safety and guidance.

Once you have left the TDC organised ride, you are riding as an individual outside the responsibility of TDC training rides. Effort will be made to accompany riders that may turn early but the TDC training crew cannot guarantee that Ride Leaders will be available.

What do I need to bring?

Please bring the following:

- Spare tube & gas
- Phone
- ID
- Money

If you are new to riding with Tour de Cure we insist that you:

1. Read and commit to the [TDC Etiquette](#) document:
2. Hold a current bicycle organisation membership; e.g. Bicycle NSW, Cycling Australia or Bicycle Network. This provides you with 3rd Party Property & Personal insurance.
3. Ride a road bike in excellent condition (no tri-bars), regularly serviced, clip-in pedals, working front/rear lights, helmet (approved), cycling kit.