**The Big Easy Health and Safety Briefing 2016**

The weather is looking good so take a moment to “slip, slop, slap” with the sun-cream and keep hydrated with water through-out the day.

Today’s ride is approx. 43km and there are a number of times including the start that we are on open roads.

In particular at the very start we ask that you ride straight down the road though the roundabout which will have marshals managing this. We consider this much safer that crossing the road 9 times. Please stay left

As we ride off we will have some Marshalls to direct you so please pay attention to them and be mindful of other riders and the traffic. Otherwise follow the map supplied

After the start you are on your own so take care. Remember to check when crossing roads and don’t take any risks! Give Way at all times! The pathways can have their own hazards so take care.

Remember there are times when you will be cycling alongside busy roads in a public area. Please be courteous and kind to other cyclists and pedestrians you share the trails with and always make sure to check for turning vehicles. Give Way at all times!

At Ahuriri and Marine Parade you can expect lots of other people not involved with the event including lots of kids – so watch out for them.

Obey the Road Rules; look in both directions before crossing and if in doubt-GIVE WAY

Stay left and ride no more than 2 abreast. In particular Church Road which will have a lot of traffic on.

Keep both hands on handle bars at all times and please wear your approved safety helmet at all times!

Drink plenty of water and stop and enjoy the many food/drink places along the way. Also look after each other
 **Please don't ride drunk**. We want you to enjoy the Big Easy but we need to keep you safe. No one wants to be 'that guy' so if you don’t think you can make it to Black Barn, stop, get off your bike and ask for help at one of the stops