



MANDURAH OVER 55 CYCLING CLUB

MEMBERS CYCLING LAW AND SAFETY REQUIREMENTS

Mandatory

- Helmets to be worn on all rides
- Club shirts to be worn on all Club sanctioned rides
- All members to have an up to date ICE Card and carried with them on rides.
- Bicycle to be equipped with bell, rear reflector and red rear light that is visible for 200 metres.
- Bicycle to be equipped with water bottle and holder.
- Bicycle to be equipped with puncture repair kit, spare tube and pump.
- Brakes and Tyres must be in a good condition and tyres pumped up to correct pressure.
- Bicycle or Helmet/Glasses to have rear view mirror
- Radios, earphones or any device or clothing that may interfere with hearing or sight shall not be worn or carried.

Recommended

- Riders should familiarize themselves with the cycling rules on the **Road Safety Commission website**.
- Bicycle to carry a First Aid Kit.
- Closed footwear must be worn (Tie laces on the side away from the bike so that they don't tangle in the chain)
- Bicycle should be fitted with a front reflector
- If the bicycle is to be used at times of low visibility it should be fitted with a white front light.
- Bicycle to have a security chain and lock for use when bike left unattended on rides