

MULGA BICYCLE TOURS

SAFETY GUIDELINES



YOUR SAFETY, AND THE SAFETY OF ALL OUR GUESTS, IS OUR TOP PRIORITY



Rough Riding, Animals on Bikes Trail, Yeoval, New South Wales

While at times our safety guidelines may seem stringent, please rest assured that they've been prepared to follow or exceed best practices – and all with your safety and wellbeing in mind.

We need your help to maintain the high standards we've set ourselves. To this end we ask that you familiarise yourself with our Code of Conduct and these safety guidelines and ask that you conduct yourself in a safe and controlled manner at all times.

As much as possible you will be accompanied by a tour leader from Mulga: this may be either in the support vehicle or with you on a bicycle. To ensure the safety of the group you must comply with all decisions made by a tour leader. We ask you to understand that our decisions will be final on all matters likely to affect the safety and wellbeing of everyone on the tour. This includes any decision that we make about your ongoing participation. If you fail to comply with a decision made by us, or interfere with the wellbeing of the tour group, then you may be directed to leave the tour with no right to a refund.

We will check your mandatory equipment and undertake a safety check of your bicycle prior to the commencement of the tour. Our bicycle check will be limited to ensuring the front and rear brakes and lights are operational and does not replace your need to ensure that your bicycle and other equipment are in

good working order and have undergone a safety check by an independent third party prior to the tour.

You will not be permitted to start the tour if your bike and mandatory equipment do not pass the check.

Please note that while unlikely, guests may be excluded or removed from an activity (or an activity may be modified) at any time at the leader's discretion. Sometimes this could be because weather, road or other conditions have changed, increasing the difficulty of the activity. At others, some guests may have an inadequate level of fitness, physical ability, or experience to cope safely with certain conditions or routes. Guests may also lack suitable equipment to make an activity reasonably safe.

Guests may also be excluded from any tour activity for reasons that include, but are not limited to being unable or unwilling to follow instructions; being under the influence of alcohol or drugs (including prescription drugs) which may cause fatigue, drowsiness, and a general lack of concentration and cycling ability. The safest blood alcohol concentration for any road user is zero.

We greatly appreciate your contribution to keeping our tours safe.

Following are the legal and safety requirements for all guests on our tours.

ROAD RULES

All Australian road rules must be followed whenever you are on your bicycle. They may differ from state to state. If unsure, please check with your Mulga tour guide.

- Wear an Australian Standards Approved helmet at all times.
- Your bike must have front and rear lights, reflectors, and a bell.
- Cycle on the left side of the left lane – do not cross the centre line.
- Give way to pedestrians on footpaths and shared paths.
- Cycle no more than two abreast, no more than 1.5m apart.
- Keep at least one hand on your handlebars at all times.
- Signal with your hand if turning.
- Do not ride within two metres of the rear of a moving vehicle for more than 200 metres or hold onto a moving vehicle.
- Use an on-road bicycle lane if there is one, unless impractical or unsafe to do so.
- Stop behind a stationary tram and wait for the doors to close and the pedestrians to clear the area before continuing.

SAFE CYCLING CONDUCT

Mulga Bicycle Tours expects all guests to be competent bike riders, to have trained for the tour, and to have a level of cycling expertise to be able to cycle safely on the road, make signals, and ride in small groups. Guests must take all necessary precautions to avoid any road incidents. We also expect that guests will have a well-maintained bicycle and have spares and tools for basic repairs, such as changing a puncture.

While on a Mulga tour, you are required to:

- **Cycle within your limits.**
- **Signal your intentions** to other cyclists and road users.
- **Wear bright or light coloured or high visibility shirts or jackets** as the outer layer of clothing at all times while cycling.
- **Use front and rear flashing lights.** We require you to use red flashing rear and white flashing front lights, that are visible from at least 400 metres away in daylight, at all times when riding. You are asked to maintain your front and rear lights at their maximum intensity by recharging or replacing the batteries as needed.

- **Carry mandatory equipment.** You must supply and carry some mandatory safety items listed in our Terms and Conditions and Mulga Bicycle Tours will issue other items to you when you start your tour. One of these items is a UHF radio which will need to be returned to the tour leader each night for recharging.
- **Cycle at a safe speed** for the prevailing conditions, the type of road you are on, your proximity to other cyclists and road users, and your level of skill and experience.
- **Be predictable.** Cycle in a straight line, keeping to the LEFT side of the roadway as far as it is safe and practicable to do so. Signal and check behind you before moving off your line or changing lanes in traffic. Cross tram and train lines at right angles. Always overtake on the right, and never overtake on corners while descending.
- **Check both ways** when crossing any roads, tram or train lines, or paths, and ensure that you are listening and watching for oncoming vehicles and pedestrians before continuing.
- **Be courteous** to other road users. Do not weave in and out of traffic. If riding two abreast always allow traffic to pass by changing to single file.
- **Slow down** when approaching to pass pedestrians and other cyclists and slower road users. Use a bell or your voice to signal your approach. You must give way to pedestrians and horses. Signal your presence with plenty of notice, do not sneak up and make sudden loud noises behind people and any animal.
- **Beware of drivers pulling out into traffic and opening doors** of parked cars, and pedestrians walking out from behind cars, etc. Ride outside the car door zone if safe. Never overtake on the left of a vehicle turning left.
- **Make eye contact** with drivers at intersections and traffic lights.
- **Keep alert and aware of your surroundings** – you must not stream or play audio from mobile phones or other devices to ear buds, headphones, hearing aids or sound processors when cycling.
- **Communicate with the tour leader** when you are feeling unwell, fatigued, or generally exhausted, as fatigue reduces concentration and judgement and slows down your reaction time, and may put you and/or other cyclists at risk. If you are feeling fatigued stop in a safe area on the side of the road and wait for the rear support vehicle.
- **Avoid blind spots** of vehicles, including the front of a vehicle where a truck is involved.

CYCLING IN A GROUP

Cycling together will add complexity to your riding. We ask that you do not draft each other during the tour as it would not take much to spoil your time away if a guest was to hit another while attempting to avoid a hazard.

Mulga tour guides are more than happy to help with tips and instructions if you have any questions.

For safe group cycling, you must:

- Avoid overlapping wheels with other cyclists.
- Maintain a steady pace.
- Brake and steer gradually and predictably.
- Join or leave a group from the front or the rear.
- Point out obstacles or directions with signals and words.
- Communicate with other cyclists as needed. Shout out 'hole' if there is a pothole (and point to it), 'stopping' or 'slowing' as appropriate, 'on your right' when you are passing, and so on.

IN AN EMERGENCY

We have a safety and risk management plan in place developed specifically for our tours.

We will issue you with a UHF radio and show you how to use it to call the tour leader or other guests for help. The tour leader has a first aid kit, a PLB (Personal Locator Beacon), UHF radio, a mobile phone or satellite phone, and a folder with emergency details and contact details of all people and emergency services they may need to contact during the tour.

In the rare event that you come across someone in need of assistance, you must stop and offer assistance in whatever way you are able.

In doing so please remember to:

- Assess the scene for danger to yourself, others and the casualty. If safe to do so remove the danger or remove the casualty from the danger.
- **DO NOT RUSH INTO THE SCENE AND BECOME A CASUALTY YOURSELF.**
- You may use your mobile phone or UHF radio to call the tour leader for help. If you are using your UHF radio you must be prepared to repeat radio messages and keep trying if you do not succeed the first time. If unable to contact your tour leader, remember you may be able to contact another guest who must try and relay any messages. Text messages may take some hours to reach the recipient so are not a reliable way of asking for help. Always follow up and confirm a text message with a voice communication.
- If you are unable to contact the tour leader in an emergency call 000 and follow the operator's instructions. If you have a smartphone, use the **Emergency+ app** to initiate the call to 000 as the **Emergency+ app** will show your location details that you can pass onto the operator.
- Remember – stay calm, check for danger, and call for help.

Mulga Bicycle Tours will not be liable in any circumstances for any personal injury or damage to property of any kind or any consequential loss resulting from your failure to comply with these Safety Guidelines or our Terms and Conditions.

