

Motorcycle Safety Guidelines – Triathlon Manitoba

Situation

Triathlon is a sport consisting of three components; swim, bike, run. Experienced motorcycle drivers are needed to transport officials to ensure compliance with race rules during the bike portion of the triathlon.

Riders should:

- Be mature individuals who can demonstrate the required essential experience and skills
- Be available for event organizer's pre-race training and post-race briefings
- Have suitable large, easily maneuvered motorcycles that are well maintained and have current vehicle registration and warrants of fitness (600cc minimum)
- Hold a valid motorcycle license
- Wear suitable riding attire and approved safety helmets during the event
- Ensure that motorcycle gas and oil levels are adequate for the entire event.

Essential Experience and Skills

Riders must be able to demonstrate:

- Advanced road riding skills with superior stability at low to high speeds (5kph-100kph)
- Competence when riding with passengers
- Confidence and reasoning – riders will need to comply with instructions from their passengers, but also must be able to determine whether that instruction can be carried out safely and then take the appropriate course of action.
- Advanced situational awareness while riding in very close proximity to cyclists in all weather conditions.
- Communication skills – riders must be able to clearly and concisely communicate with their passengers.

General Safety Rules

During the event, riders will, at all times:

- Maintain a safe gap between motorcycles and all cyclists, vehicles, pedestrians and obstacles.
- Ride with headlights on low and with hazards flashing and if available wear a high visibility vest.
- Avoid oncoming traffic, being aware that some cyclists may not have full situational awareness, and some motorists are unaware of race in progress or road closures.

- Maintain situational awareness of the route and obstacles ahead (tight turns/curbs). Riders must pay particular attention to U-turns on the route. It is recommended that U-turns be made 50-100m past where cyclists will turn, if possible.
- Maintain personal hydration and energy levels as required.

General Guidelines:

- Please arrive at the event at the designated time, bearing in mind there may be significant traffic or traffic delays prior to race start.
- Ensure motorcycles are clean and gas tank/oil is full.
- Identify your passengers and conduct a brief with them that includes: safe mounting/dismounting, the need to keep your foot on the pegs at all times, the need to sit still when going around tight corners. Ensure passengers have appropriate clothing, footwear and helmet is secure.
- Carry a cell phone, water bottles and snacks.
- Check that your vehicle insurance is valid.

Role of the Motor Cycle Driver in Triathlon:

The role of the drivers in the races is to allow technical officials to judge compliance with race rules, particularly those concerning drafting, locking and dangerous riding. In a draft illegal race, cyclists need to need to maintain 10-12m distance between each bike unless passing, and can incur a penalty if they fail to do so. Cyclists must also maintain a position on the right hand side of the road to allow free movement of other cyclists, vehicles and motorcycles on the inside track. **Penalties will be assessed by the technical official.** Motorcycle drivers may need to approach cyclists to allow the official to verbally communicate instructions to the cyclists.

Execution:

After emerging from the transition area after the swim, cyclists will head out onto the bike course. **Customize to your event.** Depending on the race, cyclists may do 1-8 laps of the cycle course. Age group races typically do 1-2 laps of the bike course.

The officials will determine when each motorcycle embarks on the bike course and will direct the motorcycle drivers. **Throughout the event, the motorcycle driver is responsible for the safe control of the motorcycle, and must avoid all hazards and endangerment.**

Insert Event Bike Course Map with distances and directions. Add specific instructions regarding course hazards, high and low speed areas. If possible, have drivers do a pre-race tour of the course so they are comfortable knowing where to go.