

We take safety seriously and ask that you do too. Please become familiar with the AIDS/LifeCycle Safety Pillars below - they are guidelines to help you and others stay safe during the Ride.

1. Rules of the Road

If you're a driver:

- Stick to the driving directions provided by your captain to ensure you and your vehicle arrive safely where you are expected
- Never drive under the influence of drugs or alcohol
- Do not play loud music or distract the Cyclists if you are required to drive near them



2. Individual Safety

These practices will help keep you safe during the Ride:

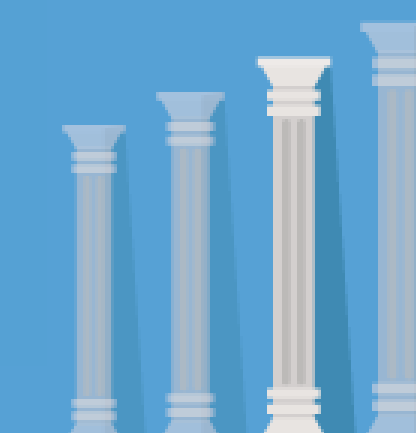
- Make sure you're drinking plenty of water and electrolytes and eating throughout the day
- If you feel overheated, find a shady spot to rest in and use a wet towel to cool yourself off
- Wear hats to protect your head and face from the sun, and wear sturdy shoes to protect your feet
- Work with your Roadie Captain to take regular breaks throughout the day
- Apply sunscreen every two hours. We recommend you bring your own to travel in your day bag



3. Group Safety

These practices will help keep others safe during the Ride:

- Look out for your fellow Roadies
- Make sure your teammates are hydrating, eating and applying sunscreen
- Make sure everyone is taking a break
- Have fun together



4. How to Respond to an Incident

In the event of a serious incident, follow these steps:

- If an accident occurs that needs medical attention, call 911 immediately
- Do not move an injured person
- Direct traffic around the scene
- Stay until help arrives and notify a Ride Leader or AIDS/LifeCycle

