

BRITISH TRIATHLON

CYCLING

OUTDOORS & INDOORS

THROUGH COVID-19



RIDING OUTDOORS

While riding outdoors is presently allowed safety and social responsibility should be paramount. Additionally hospitals will not currently see a cycling injury as an emergency, and this will significantly impact any ensuing treatment, so your safety is even more your own responsibility.

If deciding to ride outdoors please go through the following checklist:

1. My Safety

- Is the weather good enough?
- Is the route I am planning appropriate?
 - is an overly long ride necessary, is there a safer route I can take?
 - riding a series of smaller loops closer to home is a good plan
- What am I doing this for?
 - at this point the focus should firmly be on enjoying being outside

2. Is my equipment appropriate?

- Phone with plenty of charge and credit
- Nutrition – energy bars, fluids – shops and cafes are not open, take more than you think you will need
- Cash – both a card and notes (polymer notes are a good fix for tyre slashes so always handy to have)
- Full bike check e.g. tyres in good order, brakes and gears working
- Spares and tools e.g. 2x inner tubes, pump, tyre levers, multi tool, spare (magic) chain link
- Appropriate and additional clothing e.g. Rain cape – even if sunny

3. Do people know where I am going?

- Tell someone your route, when you expect to be back and share with them your live location (Whatsapp, Wahoo, Garmin)

4. My social responsibility?

- Am I within the rules*? e.g. at present riding with **ONLY** one other person who **YOU LIVE WITH** and **ONLY** doing 1 session outdoors a day

5. Can I manage basic mechanics?

- Can you change a puncture and adjust brakes and gears?

click the links for GCN how to videos

If you cannot satisfy the above points then don't go out.

If you do go out please don't post outdoor rides on social media. Whilst riding outside is not presently against the rules it is currently a hot topic and we do not want to be seen to be encouraging any unnecessary risk taking – you're all role models to the community so please take your social responsibilities seriously.

*all advice is correct as of 26/03/2020 - government rules on COVID-19 is changing rapidly and it is your responsibility to ensure you keep up to date and operate within them

RIDING INDOORS

Indoor riding options have significantly increased in recent years and chances are that you are already subscribed to an app that makes your indoor cycling experience more interactive.

If you're completely new to indoor cycling see [here](#) for a useful article to get you started from Cycling Weekly and another article [here](#) on what indoor app will suit you.

Zwift is the current most popular and interactive app and if you are just starting up we would recommend [Zwift insider](#) - and specifically this article [here](#) on Zwift for beginners. While smart trainers give the most interactive experience basic turbo trainers will work on Zwift too, see [here](#) and [here](#).

If you just want to log in and learn as you go - we recommend downloading the Zwift Companion app on your phone. This works as a remote control while riding and helps you chat and interact with other Zwifters. You can also follow friends on Zwift and jump in and ride with them, as well as arrange group rides.

Zwift also offers races, time trials, fondos and organised groups rides, more to follow [here](#).

NB. Under 16's can ride free on Zwift see [here](#)



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