

IRON LUNG RIDE

July 19th, 2025

This document contains the following information:
Safety Plan

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Along with planning an exceptional event, having a safe event is of utmost priority and focus. Non-compliance with safety standards will result in immediate disqualification of the offending team/rider and race numbers will be pulled. The safety plan focuses on 3 areas:

One: Safety of Cyclists

- 1) Cyclists must wear a helmet at all times when riding their bicycle.
- 2) Cyclists must obey all traffic laws (route is along an open course with motorists). This includes stopping completely at all stop signs and yielding to motorists and pedestrians when appropriate.
- 3) Cyclists must ride single file and close to shoulder of road. Drafting with other teams is permitted.
- 4) Cyclists may not ride at night. At 4 pm the course is closed and the event is over.

Two: Safety of Support Vehicles

- 1) Support vehicles must also obey all traffic laws including speeding.
- 2) Support vehicles may not impede traffic as part of this event. This includes following cyclists at slow speeds. When stopping to cheer for or support your cyclist, pull completely off the road and be aware of oncoming traffic.
- 3) Support vehicles must park in designated areas at all exchanges and at the start and finish.
- 4) Support vehicles are to clearly display the CAUTION BIKE RACE poster in the rear window. This poster is issued during packet pickup.

Three: Safety of Others

- 1) Race course passes through cities and towns. Be respectful and courteous to everyone along course. Race participants are not allowed to urinate or defecate along the road and must use designated bathrooms and porta-potties or other restroom facilities.
- 2) Cyclists and support vehicles should always remain aware and alert and watch for surrounding traffic, pedestrians, equipment, etc.

In addition to focusing on safety for the cyclists, support vehicles, and others, event staff is taking the following safety measures:

- 1) All course marking signs dedicate the top third of the printable area to making everyone aware that a cycling event is taking place and to use caution. Signs read "CAUTION BIKE RACE" in large block letters and with yellow and red colors for visibility.
- 2) Two or more EMTs will travel along the course with the bulk of the cyclist group. They will be ready to respond alongside local emergency personnel in the case of an injury.
- 3) Vinyl posters are supplied to each rider to adhere to the back of their support vehicle that also read "CAUTION BIKE RACE." These posters are also on all staff and crew vehicles for greater awareness among local motorists.
- 4) Additional "Hazard Ahead" signs are created and placed in appropriate locations to warn cyclists of any potential danger ahead.