

## BE PREPARED

- Ride with at least two 750ml water bottles and / or hydration pack.
- Stop at each refreshment station, drink and fill your water bottles (it is better to stop, drink and cool down more often than to dehydrate).
- Protect yourself from sun exposure with SPF30+ sunblock.
- Wear jerseys made of material that 'wicks' away moisture from the body. Avoid cotton, which can become water logged and cause a chill when wind causes evaporation.
- Carry a pump, spare tube and puncture repair kit.
- Carry your mobile and / or change to make a phone call. There are significant stretches along the route without mobile phone coverage (depending on your network).
- Carry identification and details of an emergency contact.
- If you experience mechanical problems please rest your bike on its saddle on the roadside so support personnel can easily recognise you need help.
- In the event of an accident or breakdown we can transport you and your bike to the next refreshment station or finish. The SAG WAGON follows the last rider and can be contacted on **0438 438 846**. Other roaming support vehicles will travel along the route and will stop for you if you have your bike rested on its saddle by the roadside. Check the list of phone numbers on the back cover.
- To avoid the Sag Wagon driving past while you are away from the road (toilet stop, sightseeing, etc) please place your bike clearly visible on the side of the road.
- Look out for each other. If you find someone in distress, stop and offer help; just being there can provide all the support that is needed.
- BikeSA reserves the right to stop an individual's ride for health and safety reasons.
- BikeSA recommends that all riders insure themselves for Personal Accident and Ambulance Cover plus Trip Cancellation cover as well. BikeSA membership includes Third Party and Personal Accident insurance cover.
- You are strongly advised to watch the weather forecast prior to the event and carry/wear appropriate clothing and sun protection. The latest weather information can be found on [www.bom.gov.au](http://www.bom.gov.au)

## KEEPING HYDRATED

Heat exhaustion can be avoided by following these simple tips:

- Drink enough fluid to replace your sweat;
- Refill your water bottle at every opportunity;
- Remind your friends and team members to drink;
- Don't ignore the signs of heat exhaustion;
- Call for assistance if you or your friend is suffering from any one of the heat exhaustion symptoms, which include **dizziness, nausea, fatigue, unsteadiness, weakness, rapid pulse, headache and shortness of breath.**

### How much fluid does your body need during exercise?

**Before:** Always start every exercise session well hydrated. Drink 300-500ml of fluid in the 15 minutes before your workout.

**During:** Aim to drink 150-250ml every 15 minutes to offset fluid losses – drinking smaller volumes more frequently minimizes stomach discomfort. Remember, the more you sweat, the more you need to drink.

**After:** How much fluid you need depends on how much you lost. Try to drink 1 litre of water for every hour of exercise.

### What should you drink?

Don't overlook water as a great fluid choice. Water is easy and kilojoule-free. Sports drinks are suitable during and after longer, higher intensity exercise sessions as they contain carbohydrates (48%) and electrolytes to aid fluid absorption. Carbohydrates provide an added energy source and electrolytes replace salts lost in sweat.