



RIDER CODE OF CONDUCT

1. Ride Responsibly and Safely

- Obey all traffic laws and local regulations at all times.
- Ensure your bicycle is roadworthy and complies with road traffic laws before starting.
- Use appropriate front and rear lights during low visibility or night riding.
- When riding in a group, all lights should be fixed (non-flashing).
- Ride predictably and communicate intentions clearly with other road users and fellow riders.
- Be alert and ride within your capabilities to avoid endangering yourself or others.

2. Respect the Audax Spirit

- Understand that Audax is a self-supported long-distance ride, not a race.
- Support fellow riders if needed, especially in cases of emergency or distress.
- Do not seek or accept external assistance unless absolutely necessary (e.g., in an emergency).

3. Maintain Courtesy and Camaraderie

- Be courteous to other road users, organisers, event volunteers, and fellow participants.
- Avoid aggressive behaviour, littering, or any form of disruptive conduct.
- Give a friendly wave or thanks when offered help, space, or encouragement.

4. Be Environmentally Responsible

- Leave no trace: take all rubbish with you, including food wrappers and inner tubes.
- Respect local communities and natural surroundings.
- Use toilets and facilities responsibly when available.

5. Follow Event Protocol

- Register at the event start and follow any instructions from the organiser and volunteers.
- Obtain proof of passage through each control including the finish control.
- Provide all necessary details in order to ensure validation.
- Notify the organiser promptly if you abandon the ride for any reason.
- Report any issues with the event or route to the organiser.

6. Be Prepared and Self-Reliant

- Carry adequate tools, spares, food, and water for the duration of the event.
- Familiarise yourself with the route in advance, and ensure you have adequate resources for navigating the route (e.g. GPS device, paper route sheet, etc.).
- Plan for contingencies, including weather changes or mechanical issues.

7. Represent the Audax Community with Pride

- Behave in a courteous, respectful and responsible manner at all times.
- Uphold the integrity and ethos of Audax cycling: endurance, self-reliance, and mutual respect.
- Inspire others by riding with respect, humility, and good humour – even in tough moments.

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