

 <p>SOUTH AFRICAN SCHOOLS CYCLING</p>	South African Schools Cycling		Doc No. SASC/DIS/MTB/0002
	DOCUMENTATION Riders Briefing		Rev No. 00
	Compiled by Deon Steyn	Approved by Joanita van Staden	Date 20/03/2014

Commissaire: _____

1. SASC Regulations applies.
2. First Aid is where: _____
3. Route: _____ km
4. Environment
 - a. Do not litter
 - b. Bring back all paper/plastic/bottles
5. Technical Support
 - a. No outside assistance
 - b. Only by other riders
6. General
 - a. No Ipods/MP3's etc in ears
 - b. No cameras on helmet or chest
 - c. Shout "Track"
 - d. Make way for faster riders
 - e. No Helmet, no ride.
7. Laps
 - a. Sub-Junior: Boys: _____ & Girls _____
 - b. Youth-15 & 16: Sub-Junior: Boys: _____ & Girls _____
 - c. Junior: Sub-Junior: Boys: _____ & Girls _____
8. Race start
 - a. Countdown: 3,2,1 min thereafter 30,15 seconds
 - b. Race will start by sound of a whistle/pistol shot/siren