

# Checklist 1 Day Cycle or Sportive

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Location: \_\_\_\_\_

## Daily Orders for Cycle Deployment or Exercise

Spend the necessary time to get organised and enjoy the ride or race to its maximum potential. In the military we have 'Daily Orders'; this will set out the times for each move throughout the day and we have laid down some basic timing guides for you to fill in so you can plan from beginning to end. No fuss, just organised kit.

OUT

## Step One

### Pre Race Day Checklist

- Commanding Officer (partner) informed of intentions
- Vehicle prepped and fuelled for exercise
- Bike is working properly and clean
- Race kit has been checked, cleaned and prepped
- 3 Square meals and hydrate appropriately

## Step Two

### Race Day Orders

- Call the hands (alarm for wake up call): \_\_\_\_\_
- Time to depart base (house): \_\_\_\_\_
- Parking location: \_\_\_\_\_
- Time of sign in: \_\_\_\_\_
- Time of ride: \_\_\_\_\_

## Step Three

### Solo Day Ride Checklist

Keeping yourself functioning and operational is only good as long as you have prepared correctly to start. Your start time is a min 12 hours before the start of the ride. You know what diet works best for you but ensure you are hydrating a good time before in order to start in shipshape condition. Don't rely on other personnel to get you ready for the day and ensure you have clearly packed and labelled your KitBrix early. Recommended items for solo kit:

#### Ride Kit

- Helmet
- Sunglasses
- Neck scarf
- Jersey
- Waterproof/windproof
- Gilet
- Arm warmers
- Gloves
- Watch plus monitors
- Bib shorts/shorts
- Leg warmers
- Socks
- Shoes
- Gels, food
- Post race clothing

#### Personal Kit

- ID
- Keys
- Money
- Credit Card
- Cycle Kit**
- Cycle
- Computer
- Spare inner tube
- Tyre levers
- Multi-tool
- CO2 bottle and pump
- 1 x Bottle (electroyte)
- 1 x Bottle (water)

### Additional Team Day Ride Checklist

When you are part of a team, squad or group ride it is best to split up certain responsibilities for 'team kit'. Be thorough and critical over what you *actually* need.

Remember, there is no room for individuals and your primary job is to support the team. Any rider who has a problem with this can discuss with the Base Quarter-Master or Team Manager. Recommended items for your team kit::

#### Team Kit

- First aid kit (small unless riding through Red Zone)
- Set of lights for worst case lead and rear riders
- Pre and post Race food, energy bars, gels
- Route plan - any RV points
- Emergency contact numbers
- Wet weather, lost person, and emergency plan
- Tool box
- Roll of Harry Black Maskers (tape that will fix anything)

Signed by Inspecting Officer:

\_\_\_\_\_ Date: \_\_\_\_\_