

Rules

Holding this time trial on public roads is a privilege. We must obtain approval each year from Central Saanich, North Saanich, the RCMP, and the Ministry of Transportation. We must abide by these rules or the privilege can be revoked at any time:

- Provide proof of insurance (Cycling BC Ride for All or Race licence or UCI race license), plus a signed Covid-19 Declaration.
- Wear an approved cycling helmet.
- Keep your head up – riding head down is prohibited.
- Recumbent bicycles and tricycles must have an elevated flag for increased visibility.
- Do not cross the centreline of the road.
- Stay to the right in the bicycle/shoulder lane except to pass cyclists, debris, parked vehicles, or other obstructions. Unnecessary riding outside of the bicycle/shoulder lane is prohibited.
- Stay in the bicycle/shoulder lane to the right of all cones in the corners.
- Do not pass another cyclist in the coned areas in the corners.
- Pull to the right and stop for emergency vehicles.
- Obey the directions of emergency services personnel.
- Pass riders 2 m laterally and 25 m longitudinally, except where rider safety may be in jeopardy (e.g., on Highway 17 a 1-m lateral pass is acceptable). When passing, alert the rider (e.g., "On your left"). Traffic noise and time trial helmets may make it difficult to be heard. Check for following traffic and signal your intention to move left, if necessary, and pass with a 1 m minimum lateral gap. Move to the left 25 m before the pass and do not move to the right until 25 m past the rider.
- When being passed, stay as far to the right as practicable, and ride in a straight line.
- Obey the directions of time trial marshals and officials:
 - Corner marshals are not authorized to stop motor vehicles.
 - Marshals will raise a "Slow" sign if there is a potential danger to motor vehicles, pedestrians, or other cyclists.
 - Marshals will raise a "Stop" sign if there is imminent danger.
 - Marshals will wave riders through if there is no potential danger.
- Be polite to motorists, pedestrians, cyclists, marshals, and officials – even if you think that they are in the wrong.
- Do not draft other riders or motor vehicles.
- Do not pass buses when they are signaling to move left from a stop.

- Always maintain a 2-metre physical distance from others during the Covid-19 pandemic, and obey the [Covid-19 Safety Plan for Tuesday Time Trials](#).
- Report the names or numbers of riders breaking these rules to the timekeeper or race director.

Penalties

First offence: Disqualification; time nullified and a warning. *

Second offence: Banned for one year.

***Riding into another rider or pedestrian will result in an immediate ban from the time trial for one year.**

In addition:

- Do not cross the start/finish line going south after the time trial has begun unless you are racing. Warm up to the north of the start/finish.
- Wear your number **low down** in the **centre** of your back.
- Do not block the bicycle lane or roadway in the start/finish area after finishing your time trial.
- **KEEP YOUR HEAD UP!** The most common and dangerous time trial accident has been riding into the back of a motor vehicle or cyclist.

Junior and Youth Equipment Requirements

- Junior gearing (7.93 m maximum gear roll out) is required in all youth categories in all races sanctioned by Cycling BC.
- U19 will not be subject to bike and equipment restrictions other than 7.93 m roll out.
- U17, U15, and U13 are required to use standard road race bikes (no time trial specific bikes), no time trial helmets, and low profile (may not exceed 40 mm), non-carbon wheels. U17 may use clip-on aero bars.
- Riders in violation of these equipment restrictions will be permitted to race, but these results will not be included in the records or age category competition.