

# HANDLING BUSINESS ON THE HANDLEBARS

Must read information for **Self Made Cycling** Executive Coaching sessions



## SAFETY FIRST

We **will not** compromise on safety.

You will need to wear a helmet that complies with the Australian and New Zealand standard (AS/NZS 2063).

We also recommend that you have fitted & use bright flashing front/rear lights (even in the day time), and comply with all relevant road rules.

If we feel you are not taking safety seriously, we will cancel the ride and continue our Executive Coaching session at a fixed location / closed road.

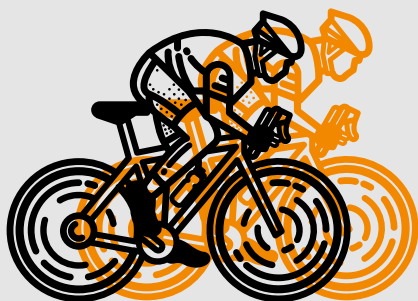


## BE AN EXAMPLE

We are leaders in our businesses and we will lead by example out on the road - for **our** safety and the safety of **others**.

We will follow **all** applicable road rules as we cycle.

Please review <http://bit.ly/SMC-RoadRules>



## A RACE IT AIN'T

I get it - you're in business, and love to compete.

On the road, our pace will be moderate - fast enough to get the blood pumping & to promote the neurobiological effects of physical exercise, while slow enough so we can spend time talking and working through your business challenges.

And we will be talking a lot.....that's whole idea!

There may be an opportunity to push ourselves on a climb, or on a closed road - we will agree together on this as we ride.



## USE HAND SIGNALS

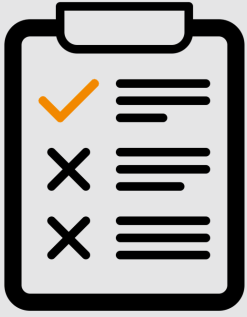
No, not the rude ones!

We will mostly be riding side-by-side where it is safe to do so. There will be times where we have to ride single file and it is important for the lead rider to signal to the rider behind any upcoming road hazards.

If riding behind, keep a distance of 1.0-1.5m from the back wheel, at least double this distance if it is wet. Never overlap your front wheel with the back wheel of the rider in front (half-wheeling).



Images Courtesy of MapMyRun



## The 4 "P"s, an "R" & an "ECS"

**P**rior **P**reparation **P**revents a **P**oor **R**ide and **E**xecutive **C**oaching **S**ession.

There will be actions from our previous sessions that we will review and you will no doubt have challenges & goals you wish to discuss - come prepared.

Also, make sure your bike is good to go (brakes, gears, tyres etc) and you are carrying spares in case you get a flat. You don't want to be stuck on the side of the road fixing an issue if you can help it.



## THANKS DOC

Before we start our sessions, you will have seen your Doctor for a check-up and got their approval before coming out on the bike.

When riding, you will let your ride leader know of any unusual pain/discomfort including chest pain, dizziness etc.

No heroes!



## IT'S OUR SHOUT

Almond Milk, double-shot Latte. That's my order done, what's yours?

We will continue our Executive Coaching session & discussions at the obligatory post-ride coffee if time permits.



## I HAVE WATERPROOF SKIN

Bad weather is never fun or safe to ride in.

Rain, catastrophic fire ratings or excessive wind are all good reasons to postpone our ride. We may:

- Reschedule to another time or day
- Conduct our session on Zwift trainers
- Move to a closed circuit location (ie Victoria Park)

Ride postponement will be at the discretion of Self Made Cycling.



## DON'T TELL THE TAX MAN WE'RE HAVING FUN

OK, so you're probably going to check with your Accountant to ensure our sessions are tax deductible for you.

And you should - after all, it's all about you driving improvement in your business!

**BUT** don't tell him were going to have a **whole lot of fun** doing it.

If you have **ANY** questions, please contact us below.

Information & instructions outlined above are to be read in conjunction with the Self Made Cycling Agreement and Waiver.