

## Hawthorn Cycling Club

### Behaviours for safe racing

People who race know the risks and know that crashes happen. At Hawthorn Cycling Club we are confident that by focusing on improving race safety we can reduce the frequency of incidents.

Technical skills are recognised as critical to safe racing. These skills are already in place and documented for those involved in racing.

Hawthorn Cycling Club also focuses on encouraging the right behaviours from everyone involved in bike racing. We consulted with some of our club members to identify **positive behaviours that help achieve safe racing**, and those behaviours that undermine it.

We identified **four sets of behaviours for three different groups: Riders, Marshals, and Officials**. The summary descriptions are shown below and these are detailed further on the following pages. The behaviours for each group are linked by **four safe racing behaviour themes: Accountability, Communication, Risk Management and Learning**. We should always try to display the positive behaviours relevant to us, and avoid the negative behaviours.

HCC safe racing behaviour themes	Riders	Riding Marshals	Officials
Accountability →	Follow rules ↔	Check compliance ↔	Enforce the rules
Communication →	Speak up ↔	Coach and encourage ↔	Communicate openly
Risk Management →	Stay alert ↔	Promote risk awareness ↔	Manage the risks
Learning →	Learn and improve ↔	Promote learning ↔	Develop race safety

<b>RIDERS</b>			
		<b>Positive behaviours: 'I will...'</b>	<b>Negative behaviours: 'I will not...'</b>
Accountability	<b>Follow rules</b>	<ul style="list-style-type: none"> <li>• Learn and follow the race rules</li> <li>• Follow the directions and advice of marshals and officials</li> <li>• Accept penalties from officials without arguing</li> <li>• Race in a grade appropriate for my skill level</li> </ul>	<ul style="list-style-type: none"> <li>• Turn a blind eye when riders break race rules</li> <li>• Disregard instructions from marshals</li> </ul>
Communication	<b>Speak up</b>	<ul style="list-style-type: none"> <li>• Signal hazards promptly and calmly</li> <li>• Talk to riders around me to warn, encourage, or give advice</li> <li>• Report incidents, hazards, and unsafe behaviours to a marshal as soon as possible</li> </ul>	<ul style="list-style-type: none"> <li>• Yell and swear at others</li> <li>• Fail to speak up about hazards, incidents and unsafe behaviours</li> </ul>
Risk Management	<b>Stay alert</b>	<ul style="list-style-type: none"> <li>• Check my bike is in good working order before racing</li> <li>• Stay alert, maintain awareness of my surroundings and hazards</li> <li>• Be mindful that errors are more likely when I am at my limit</li> <li>• Stop racing if I feel unsafe at any time</li> </ul>	<ul style="list-style-type: none"> <li>• Race when unwell or fatigued</li> <li>• Focus only on myself and fail to consider others around me</li> <li>• Take unnecessary risks, putting myself and others in danger</li> </ul>
Learning	<b>Learn and improve</b>	<ul style="list-style-type: none"> <li>• Share my racing knowledge and ideas for improving race safety with others</li> <li>• Listen to feedback from others and use it to improve my racing</li> <li>• Contribute to incident investigation</li> <li>• Get involved in discussions about race safety</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid getting involved in improving race safety</li> <li>• Complain about race conditions and behaviours without giving feedback to the club</li> </ul>

## RIDING MARSHALS

		Positive behaviours: 'I will...'	Negative behaviours: 'I will not...'
Accountability	<b>Check compliance</b>	<ul style="list-style-type: none"> <li>• Learn and follow the race rules</li> <li>• Check that riders follow the race rules</li> <li>• Notify officials of riders that do not follow the race rules</li> <li>• Pick the appropriate degree of control for the grade</li> </ul>	<ul style="list-style-type: none"> <li>• Apply the race rules inconsistently</li> <li>• Set a poor example by breaking race rules</li> </ul>
Communication	<b>Coach and encourage</b>	<ul style="list-style-type: none"> <li>• Wear high visibility clothing to stand out</li> <li>• Use clear hand signals to direct riders</li> <li>• Communicate clearly and assertively when an incident occurs to control the situation</li> <li>• Intervene to address unsafe racing and negative behaviours</li> <li>• Take time to get to know the riders, making intervention easier</li> <li>• Direct all riders to slow or stop racing if necessary to maintain race safety</li> </ul>	<ul style="list-style-type: none"> <li>• Marshal when unwell or fatigued</li> </ul>
Risk Management	<b>Promote risk awareness</b>	<ul style="list-style-type: none"> <li>• Keep a safe distance from riders to be able to give advice</li> <li>• Ensure riders identify hazards and maintain awareness of their surroundings</li> </ul>	<ul style="list-style-type: none"> <li>• Ride as if I am part of the race</li> </ul>
Learning	<b>Promote learning</b>	<ul style="list-style-type: none"> <li>• Give feedback to riders to help them improve their racing</li> <li>• Recognise riders that display positive behaviours</li> <li>• Encourage riders to share their ideas for how to improve race safety</li> <li>• Contribute to incident investigation</li> <li>• Encourage discussions about race safety</li> </ul>	<ul style="list-style-type: none"> <li>• Get drawn into 'blame game' discussions with riders and not identify the underlying issues</li> </ul>

## OFFICIALS (Race Directors; Commissaires; Corner Marshals)

		Positive behaviours: 'I will...'	Negative behaviours: 'I will not...'
Accountability	<b>Enforce the rules</b>	<ul style="list-style-type: none"> <li>• Learn the race rules thoroughly and apply them consistently</li> <li>• Learn the processes for handling complaints and other issues and ensure appropriate follow up</li> </ul>	<ul style="list-style-type: none"> <li>• Apply rules inconsistently between races</li> <li>• Invent new rules on the spot</li> </ul>
Communication	<b>Communicate clearly</b>	<ul style="list-style-type: none"> <li>• Provide a standard safety briefing at every race</li> <li>• Wear high visibility clothing to stand out</li> <li>• Listen to the views and concerns of riders and marshals</li> <li>• Explain reasons for decisions clearly, firmly, and calmly</li> <li>• Address difficult situations with people and resolve them constructively and assertively</li> </ul>	<ul style="list-style-type: none"> <li>• Wait for others to take the lead on decisions</li> </ul>
Risk Management	<b>Manage the risks</b>	<ul style="list-style-type: none"> <li>• Ensure hazards are identified and managed</li> <li>• Address any immediate safety concerns promptly</li> <li>• Identify an experienced rider prepared to direct riders in races without marshals</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid making tough decisions</li> </ul>
Learning	<b>Develop race safety</b>	<ul style="list-style-type: none"> <li>• Provide feedback after the race to riders that received a penalty</li> <li>• Recognise riders that display positive behaviours</li> <li>• Ensure that incidents are investigated thoroughly</li> <li>• Apply lessons from own and other clubs to improve race safety</li> <li>• Learn from best practices at other clubs</li> </ul>	<ul style="list-style-type: none"> <li>• Fail to feedback outcomes from incident investigations to those involved</li> </ul>