

Incident checklist

- Stay calm and make the area safe
- Assess any casualties, performing any necessary first aid if qualified
- If necessary, ring emergency services
- Make a note of exactly what happened.
Retain any camera footage. Use a phone to photograph road defects or vehicles involved
- Report the incident to the relevant authorities
- Ensure all participants and their bikes are safe before deciding whether to continue
- Direct those involved to sources of support - for example, counselling - where appropriate