

### What?

- A tandem is a bicycle with two seats, one behind the other, although there are versions with three or more seats!
- The front rider (called the pilot or captain) controls the steering, brakes and gears whilst the back rider (called the stoker) ideally provides the pedal power.
- Tandem riding is a great way for people with visual impairments or learning disabilities to experience the joys and health benefits of cycling.



### Why?



- Tandeming is often seen as a gentle activity, but we cover good distances with riders who have a wide variety of abilities.
- We may reach remote locations and weather conditions can deteriorate rapidly.
- Potential dangers and hazards include: mechanical failure, slips, trips and falls, loose gravel and potholes, tandems getting separated and road traffic accidents.
- Good preparation, constant vigilance and looking out for the whole team is essential to safely enjoy a tandem ride in the countryside.

### Do ✓

- ✓ Read and agree to the *Tandem Guidelines* at the start of each season
- ✓ Wear a helmet and a high-visibility vest
- ✓ Check your tandem and lights before setting off
- ✓ Check your stoker is wearing a helmet and a high-visibility vest and trousers are tucked into socks
- ✓ Listen to your ride leader, who should be at the front of the group
- ✓ Ride responsibly and courteously at all times
- ✓ Make sure that the tandem with the tools is always at the back
- ✓ Describe the route to your back rider (stoker) and warn of any hazards e.g. low hanging branches
- ✓ Report any incidents or collisions to the ride leader

### Don't ✗

- ✗ Don't change gear without warning your stoker to ease off pedalling
- ✗ Don't ride more than two abreast and ideally ride in single file, especially on busy roads
- ✗ Don't ride too closely to the tandem in front; allow plenty of space in case of sudden braking
- ✗ Don't get involved in a road rage incident - your ride leader will deal with it
- ✗ Don't forget to drink responsibly at the pub
- ✗ Don't forget to carry the first aid kit and PI forms for all riders
- ✗ Don't get involved with personal care issues

<b>Document Name</b>	<i>TBT Tandem Cycling</i>	<b>Document No.</b>	<i>OC/HS/TBT 64</i>
<b>Document Owner</b>	<i>David Shaftoe</i>	<b>Date of Issue</b>	<i>02.07.20</i>
<b>Related TBTs</b>	<i>Outdoors in Hot Weather</i>	<b>Version No.</b>	<i>1</i>