



FIRST AID & RECOVERY



We hope that you have a safe and enjoyable ride.
However if you do run into difficulty, we have first aid and recovery services available.

First Aid

1. DIY for minor injuries. There are first aid kits available at the start/finish and at the cake stops. Please help yourself to items from these if you need minor first aid during the ride.
2. First Aid Service based at the village hall in Hackleton. We will arrange recovery for you and your bicycle back to the hall if necessary.
3. In the event of serious injury, please call 999.

Recovery

1. Taking a shortcut back: If you are struggling for any reason, there are shorter routes back to Hackleton from many points on the route. Just ask a marshal at the cake stops or via the emergency contact number which can be found on the route map given to you with the ride guide instructions.
2. Recovery service: This is for riders who are unable to continue and cannot make it back to Hackleton under their own steam. We will arrange recovery for you and your bicycle back to the Village hall if necessary.

How to get help

1. Ask a marshal at the cake stops.
 2. Ask another rider to get help for you if you cannot reach the cake stop.
 3. Use either your or another riders mobile phone and contact the emergency number which can be found on the route map given to you with the ride guide instructions.
- We will then determine the best way to help you.

IF YOU DROP OUT OF THE RIDE FOR ANY REASON, PLEASE MAKE SURE YOU LET US KNOW. TELL THE CAKE STOP MARSHALLS OR PHONE THE EMERGENCY NUMBER WHICH CAN BE FOUND ON THE ROUTE MAP GIVEN TO YOU WITH THE RIDE GUIDE INSTRUCTIONS. WE WILL NEED TO KNOW YOUR DETAILS (location, name and contact number).