

a) All Riders must carry, at all times whilst racing, a First Aid Kit as detailed below:

- 1 x Medical Board - A4 page one side OK (green color) other side a Red Cross in bold).
- 1 x Space Blanket (protects from rain and sun as well as can be used to heat cold person and also can be used as a signal device)
- 1 x Triangular Bandage (multiple uses)
- 1 x SOS 6 First Aid Dressing (can cover any size wound)
- 1 x 100mm Conforming Bandage
- 1 x Burn Shield Dressing 100x100mm (this can be used as a cold compress, antiseptic dressing and burn dressing)
- 1 x CPR mouthpiece (recommended)
- 4 x Pain Killers
- 4 x Plasters (range of sizes)
- 1 x Pair Surgical Gloves