

KNBC Aerobar Policy

Date	Update History
August 18, 2022	Captured policy from website to create official version

Introduction:

This policy is intended as guidance to Tour Leaders and riders regarding when to use and the safety around Aerobars, also known as Triathlon Bars.



Aerobars can be considered less safe for a few reasons: mostly because **your hands are not on the brakes while riding in the aerobars**. It also takes more practice and skill to maintain a straight line in the aerobars (especially in cross winds) due to how close your arms are together.

Policy:

While aerobars can be a great asset for improved speed when racing or when riding on your own, they should not be used when riding in a club group ride. When riding in a group you may be required to react quickly to any given situation. The reaction time (i.e. to manoeuvre or brake suddenly) is impeded by the increased time required to reach your brakes from the aerobars. Additionally, you do not have the same level of control that you would have, with your hands in the normal position on your handlebars. Even in the front or back of the group, safety can be compromised when there is a need to stop or react suddenly.

The safety of the entire group should be the concern of every rider. It is not necessary to remove them from your bikes but to simply just not use them.

Exceptions will be made if a rider uses aerobars for medical reasons (i.e. neck arthritis), however; individuals involved must emphasize and practice the need for allowing extra space around them to manoeuvre and/or brake suddenly.

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