

تدرّب في دبي *TRAIN Dubai*

SAFETY RULES

1. Ensure you have signed in.
2. Helmets must be worn when cycling.
3. Cycle/run in the same direction as everyone.
4. Have patience for other cyclers and runners.
5. Keep hydrated.
6. Take it easy.
7. If you feel sharp chest pains, please see the ambulance.
8. Enjoy!