- Marshals and timekeepers to wear hi-vis vests and to prioritise their own safety.
- 'Club confined time trials' are covered by the club's liability insurance as a training activity. This cover is a benefit to clubs and officials, not to individual participants. Therefore, riders are strongly urged to obtain an adequate level of personal liability insurance, such as that provided by Silver or Gold membership of British Cycling
- Riders ride at their own risk and the club does not take responsibility for their health and safety.
- The club is small and cannot guarantee to have a 1st aider present at all events but there is a first aid kit in the timekeeper's box and in the event of an accident it is assumed that everyone will do all they can to help an injured rider.
- Riders are not on closed roads, will face oncoming traffic and should obey normal rules of the road. They should obey speed limits and not overtake vehicles driving at the speed limit.
- Riders are encouraged to use rear lighting to enhance their visibility to other road users.
- The start is at Kingussie on B970 on school side of level crossing. Follow the B970 out of Kingussie. Continue on the B970 past Ruthven Barracks and through Insh to turn left by Insh Hall and descend to Loch Insh. Cross the end of the loch on the long road bridge and climb up The Brae to the T junction with the B9152. Turn left here towards Kingussie to pass the entrance to the Wildlife Park and finish at the cemetery entrance approximately 1km after hamlet of Lynchat.
- There is a 20mph zone on the section through Insh.
- There will be no marshals on the turns and the unclassified road is largely single track so riders need to be particularly vigilant about their own safety.
- Do not warm up on the course.
- Riders near the start and finish area should keep off the highway before and after their race.
- At the end call out your race number, ride straight through the finish area and choose your own location to turn if you want to return to the finish.