

## **First Phase Recommencement for Club Rides from 10<sup>th</sup> October 2020**

If you are wearing Club kit, you will be seen as representing the Club, so please follow these procedures. These procedures may be subject to change in line with Government, British Cycling and Cycling UK.

This means that a number of limited Club Rides are now permitted by the Club as long as riders adhere to these procedures. Please note, if there is any breach of the procedures, insurance provided by British Cycling or Cycling UK could be invalidated.

The position will be regularly reviewed. No one exhibiting symptoms of coronavirus should attend a Club Ride. This will also apply where someone in the rider's household is exhibiting symptoms.

Current Government coronavirus advice is to be followed at all times:

<https://www.gov.uk/coronavirus>

All rider's who consider themselves to be in the "high risk" or "vulnerable" category should consider Government guidance for high risk individuals and make their own decisions about when, where and with whom they ride: <https://www.gov.uk/government/publications/guidance-on-shielding-and-protectingextremely-vulnerable-persons-from-covid-19>

You must ensure that adequate space for social distancing of 1 metre plus is kept at the meeting place for the start of Club Rides. Please ensure that Government recommendations about social distancing ("1 metre plus") are complied with at all times.

To comply with "Test and Trace" all riders taking part in a club ride must agree to provide contact details.

Group sizes cannot exceed 6 riders. If there are more than 6 riders at the meeting point, two or more groups will have to be created and should either ride different routes or should set off at no less than 5 minute intervals. Different groups must not merge on the road and if there is a danger of one group "catching" another, a course change must be made to prevent that from happening. At any mid-ride stops and the finish location you should continue to adhere to the 'Rule of 6', which prohibits groups of more than six from socialising together indoors or outdoors.

Social distancing of at least 1 metre plus must be maintained during the ride. Riders should practice good hygiene including, if a rider needs to blow her/his nose or clear her/his throat, moving to the back of the bunch.

Riders should consider wearing a face covering in order to limit the spread of airborne particles.

Riders should not touch another rider's bike or equipment. Riders should ensure that they have enough spares to be self-sufficient. Riders should not share food and drink.

Make a note of who is in the group that you are riding with to enable effective "track and trace" should that become necessary.

Remember, the decision to ride in a group rests with an individual rider.