

To ensure a safe return to group riding a number of changes have been made to how group rides are run.

Numbers of participants on each ride will be limited. The ride leader will set the number of riders to suit the ride, maximum 15. Once the maximum number has been reached additional riders will not be able to join the ride.

Please familiarise yourself with Cycling UK's Guidance which can be found at www.cyclinguk.org/news/coronavirus-guidance-cycling-uk-groups, particularly the section on avoiding contamination.

Please support the ride leaders and follow this and the guidance below.

Before the ride

If you have a health condition which puts you at increased risk consider the risks of participating in group rides.

Ensure:-

- you are able to complete a ride of the grade advertised.
- your bike is in good working order and tyres and brake pads are not excessively worn.
- you are able to carry out basic bike maintenance eg repairing a puncture and fixing a broken chain.

If you have, or anyone in your household or bubble has any Covid symptoms,-

- a high temperature
- a new continuous cough
- a loss or a change of sense of smell or taste

do not attend the ride, follow government guidelines.

Equipment to carry

- tools, including:- spare inner tube, tyre leavers, pump or CO2 canister, quick link and multi tool,
- water
- snacks/ picnic
- hand sanitiser
- face mask
- pen to sign up
- mobile phone

we do not recommend sharing tools, water or food.

Arrive at the meeting point in time for the rider briefing, at the advertised ride time.

Observe social distancing 2m (that's about the length of a touring bike).

Do not congregate in groups larger than 30 people.

Give your mobile number and the phone number of someone to contact in an emergency to the ride leader. We are required to retain your contact details for three weeks for NHS Test and Trace.

Listen to the ride leader's briefing and follow the instructions.

Be ready for a prompt departure.

During the ride

Follow Government guidance on reducing the risk of infection when outside your home. This can be found at www.gov.uk/government/publications/how-to-stop-the-spread-of-coronavirus-covid-19

Follow any requests or instructions from the ride leader and the back marker.

Observe social distancing, keeping at least 2m from other riders in the group, including when riding, regrouping and at junctions.

Only ride two abreast on quiet roads with good visibility allowing plenty of time to pull in if needed.

Ride two abreast with only one other rider during any ride.

Do not shout or spit. Verbal warnings such as 'stopping', 'holes' are acceptable.

Blow your nose into a tissue and dispose of this in a waste bin. Do not blow your nose over your shoulder or into the verge.

Should a rider develop Covid symptoms during the ride, they will be asked to leave the ride immediately and make their own way home.

During longer stops

Follow Government guidelines for the prevention of the spread of Covid including:-

- Observe social distancing.
- Do not congregate in groups large than 30 people.
- Wash your hands or use hand sanitiser before and after eating.
- Do not share food or drink with anyone outside your household or bubble.

After the Ride

Disperse immediately after the ride.

On arrival at home remove cycling gear for washing and wash your hands.