

Ride Leaders

This document sets out procedures which are being put in place to allow a safe return to group riding during the Covid pandemic. Generally existing guidance for group rides continues to apply. Where there is a conflict the Covid guidance takes precedence.

Please read and adhere to the guidance for members. **Lead by example.**

All SDCTC cycling activities are outside, inherently safer than indoor activities. However, **social distancing** has to be observed even when outdoors. Time milling around waiting for a ride to start, at regrouping points or during refreshment stops are the times when the risk of social distancing not being observed is at its greatest. Keep these times as short as possible.

The advice from Cycling UK of a maximum of 15 riders applies. Ride leaders must collect contact details from all riders before the start of the ride and pass them to the secretary once the ride is completed.

When planning and leading your ride remember the principles **HANDS – FACE – SPACE**

Additional Equipment

- Face mask
- Gloves
- Hand sanitiser
- Sign up/ Covid Checklist sheet
- Pen
- Clip board or similar

Participants

Decide number of riders participating, maximum 15, including ride leader.

Start /Finish Locations

Open air location with sufficient space for all riders to be socially distanced without blocking a pavement or thorough fare.

Noise levels such that rider briefings can take place without the ride leader having to shout, whilst riders are socially distant.

Planning the Route

Try to avoid crowded village, town and city centres. Eg Bakewell, Castleton.

Try to avoid 'honey pot' spots. Eg Ladybower, Hassop Station, Monsal Trail.

Consider roads and lanes little used by traffic.

Find spots for regrouping with ample space for the group to wait:-

- Either a location sufficient for all riders to pull off the road, taking into account social distancing or
- roads with sufficient width for vehicles to pass safely with riders waiting single file by the road side.

Consider refreshment and toilet stops. A picnic is the lowest risk option.

Carry out the Covid specific risk assessment.

Pre Ride

Familiarise yourself with the latest Cycling UK and government guidance.

Consider who is the most suitable back marker and get their agreement.

Consider booking tables at the cafe if required/possible.

Collect contact details for NHS Test and Trace from all riders.

Remind riders of social distancing whilst waiting for the ride to start as required.

Covid specific Briefing

Start the briefing at the advertised departure time.

Brief as a single, socially distant group if background sound levels permit. Alternatively consider briefing groups of 5 riders.

Briefing to included

- confirm no one has Covid symptoms
- remind riders that, should they develop Covid symptoms whilst on the ride, they will be asked to leave the ride and make their own way home
- space
- avoid shouting
- use of tissues/elbow
- face covering
- hand washing/sanitising
- rider equipment check, water, face covering, hand sanitiser, tools and food if applicable for the ride
- alert about areas where space on the ride may be limited or the group may need to slow down
- plans for refreshment stops.

Departure

The ride should leave immediately after the briefing, as close to the advertised time as possible.

SHEFFIELD DISTRICT CTC

During the Ride

Set the pace to suit the slowest rider to keep stops for regrouping to a minimum.

If the group does get strung out reduce number of regroupings by asking individual riders to act as sign posts at junctions. Regroup at pre determined locations.

Remind riders of safe practices as required. Ask the back marker to assist with this.

If someone has a puncture or mechanical:-

- Remind the group to maintain social distancing or, if the appropriate, encourage part of the group to continue the ride
- Preferably the rider resolves the issue unaided or abandons the ride and makes their own way home.
- The ride leader or another rider may choose to resolve the technical problem as a last resort. They should do this unaided with their own tools and wash or sanitise their hands once completed.

If someone falls ill with Covid symptoms (a high temperature, a new continuous cough or a loss or a change of sense of smell or taste) on a ride the rider must abandon and leave the group as soon as possible, in the mean time keeping social distance, return home, self isolate and take a Covid test. The rider can:-

- ride home taking the most direct route,
- arrange for a member of their household to collect them or
- arrange for a taxi home.

Should a member volunteer to escort or await rescue of the unwell rider they must maintain social distance at all times. If escorting they should ride in front and if awaiting rescue they should wait out of doors in an unenclosed area.

Inform the rides coordinator, secretary or Covid officer of any incidents.

Returning to Group Rides safely

Ride Leaders

Refreshment Stops

Consider picnic spots, if possible with picnic benches and near by take away.

Use only cafés where

- outside seating is available,
- NHS Test and Trace and
- good cleaning regimes are adhered to.

Encourage use of outside seating.

Toilet breaks

Choose public toilets with hand washing facilities and space for riders to observe social distancing whilst waiting.

After the Ride

Encourage people to disperse immediately.

Send a copy of the sign up sheet to the secretary for NHS Test and Trace records.