

**Ride Register/check list**

Ride leader

Contact no.

Emergency contact no

Start

Destination

Date

	Name	Contact no	Emergency Contact no	Covid symptoms*	Member Y/N
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

\* if developed on ride

This information will be retained for 21 days to assist NHS Test and Trace if required.

**Covid specific Rider briefing Checklist**

Tick when action completed

Confirm no one has Covid symptoms.

Should any rider develop Covid symptoms whilst on the ride they will be asked to leave the ride and make their own way home.

Social distancing 2m minimum, more when riding, avoid riding two abreast, if riding two abreast stick with the same rider throughout the ride.

Avoid shouting, take special care of riders around you.

Face covering,

Hand washing/sanitising,

Use of tissues/elbow,

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.