

Please familiarise yourself with Cycling UK's Guidance which can be found at <https://www.cyclinguk.org/article/coronavirus-updated-guidance-individual-cyclists-and-cycling-groups>.

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

## Before the ride

If you have or somebody you live with has a health condition which puts you/them at increased risk consider the risks of participating in group rides.

If you have tested positive for Covid-19 or have any Covid-19 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 guidance.

Avoid sharing tools, water or food so please bring food, water and any tools you are likely to need.

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

## During the ride

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

Follow good hygiene practice to reduce the risk of Covid-19 transmission. Do not spit. 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-19 symptoms during the ride, they will be asked to leave the ride and make their own way home.

## During stops

Follow Government guidance for the prevention of the spread of Covid-19 including:-

- Wearing a face covering in crowded spaces.
- Not sharing food or drink with anyone outside your household or bubble.