

This document sets out procedures which are being put in place following revised Government guidance.

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

There no longer is a requirement in place to retain contact details for the purposes of test and trace.

There no longer is a requirement to socially distance.

Please support members who prefer to follow previous guidance. For example continuing to chooses cafes with outside seating or completing contact details on their behalf.

### **Pre Ride**

Familiarise yourself with the latest Cycling UK and Government Guidance.

### **Covid specific Briefing**

Start the briefing at the advertised departure time.

Briefing to included

- confirm no one has Covid-19 symptoms
- remind riders that, should they develop Covid-19 symptoms whilst on the ride, they will be asked to leave the ride and make their own way home
- good hygiene practice e.g. use of tissues/elbow
- rider equipment check, water, tools and food if applicable for the ride

### **During the Ride**

If someone has a puncture or mechanical:-

- Preferably the rider resolves the issue with their own tools.
- The ride leader or another rider may choose to resolve the technical problem. They should do this using their own tools.
- If tools are shared they should be cleaned/sanitised.

If someone falls ill with Covid-19 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 should abandon and leave the group as soon as possible, in the mean time keeping social distance, return home and follow Government Guidance.

### **Refreshment Stops**

Check that cafes or pubs are following Government Advice for hospitality services.

### **Toilet breaks**

Choose public toilets which are well ventilated with hand washing facilities.