

1. Covid-19

This is a riding protocol to have club rides whilst respecting the risk of Covid19 infection. The virus remains as infectious as it has ever; there has been no change in that because of reduced social or business restrictions. It is vitally important to follow these guidelines to respect that.

The symptoms of CV-19 are high temperature, dry cough and loss of sense of taste and smell.

Please do not ride if you have any symptoms of Covid-19, suspect that you may have been exposed to someone who has, or if you live or work with someone who has started self-isolating in the last 14 days.

All group rides will start with a briefing majoring on the Safety aspects of riding whilst in the current situation. Riders will be expected to confirm they are symptom free, understand the issues and the need to ride socially distanced and have PPE with them. If not at the briefing or does not have PPE a rider cannot join the ride. In joining a ride you are also consenting to have your details passed to Track & Trace should the need arise in the 14 days after the ride.

2. Group Sizes

As we recommence club rides, club rides will be a maximum of six (6) per ride in line with Government guidelines. This will be the Ride Leader plus up to 5 others. Each group of 6 will set off separately either separated by time or on different routes.

3. Participant Responsibilities

- It is the riders, not the clubs, responsibility to ensure they are carrying the necessary level of PPE as per current Government Guidelines. This is a face covering, hand sanitizer or wipes and rubber gloves. Inspections can take place and anyone without will be asked to not ride.
- Bring their bike in a condition to ride not requiring use of pumps and tools from shop
- Arrive at the ride start ready in a physical condition that avoids using DR facilities before start
- It is also recommend that riders wear glasses whilst riding to help reduce possible infection through the eyes, clear or yellow glasses in dim conditions instead of sun glasses.
- As per current government guidelines, face coverings are not required whilst riding but are at the discretion of the rider, providing they do not inhibit breathing.
- Riders that need to cough or sneeze should do so into a tissue or crook of their arm and if at all possible, moving out of the group if safe to do so. A neck snood can be worn to cover coughs.
- Riders must not spit or clear their noses whilst riding under any conditions unless into a then safely disposed tissue. The emergency exception to this is to avoid swallowing a stinging insect.
- If entering a shop or Café the facemask must be worn by law, please bring and wear it. Contactless payment methods should be carried to eliminate the risk with cash.
- Riders will be expected not to share food or water unless from the same bubble group

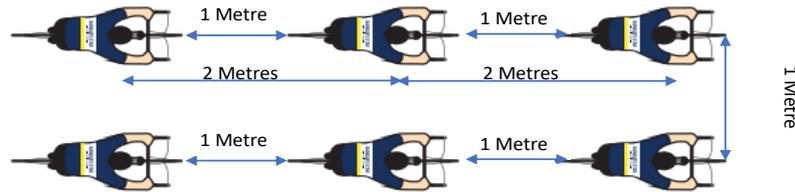
4. On the Ride

Spacing

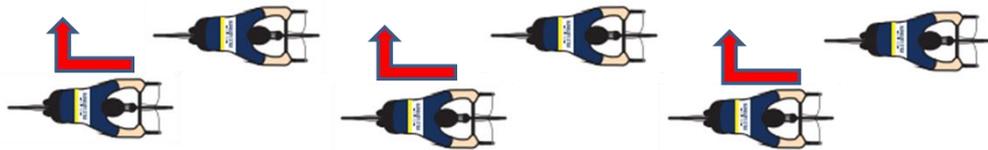
Social Distancing guidance must be observed at all times which includes whilst riding. As a consequence, we will be riding slightly further apart than we would normally expect, where safe to do so. We will be transitioning to single file a lot more frequently where the road is not suitable for 2 abreast. This will be at the instruction of the Ride Leader/agreed back marker observing traffic and must be actioned without exception.

Everyone needs to be aware of the distancing requirements and ride accordingly. The Ride Leader will continue to monitor and give instructions where necessary.

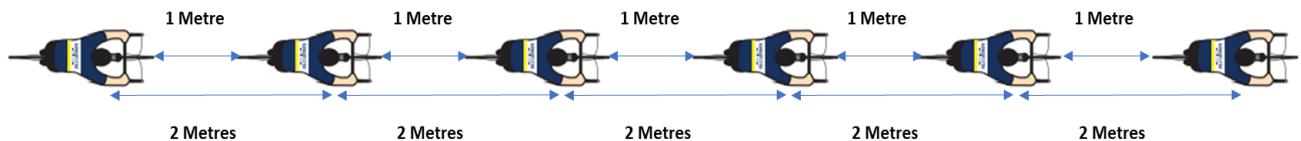
Unless otherwise instructed by the Ride Leader, general formation and spacing will be as follows;



Transitioning to single file as called by the agreed back marker will be as follows:-



To result in this final single file spacing, noting the retention of 1m minimum to the next wheel:-



Riders must give the same distance respect to pedestrians when riding passing, a minimum of one metre preferably two from them. Single file may need to be called by the leader to do this.

The ride may take a toilet break before the end to avoid using DR facilities on return.

Roadside Repairs

Should repairs be needed at the roadside, the following steps should be taken:

- Ensure the group are safely off the road and following social distancing guidelines.
- If the rider is happy to perform their own repairs proceed and observe from a safe distance.
- If the rider needs assistance:
 - Ask them to step away from the bike.
 - Apply gloves or hand sanitizer.
 - Perform repairs.
 - Remove gloves and apply hand sanitizer.
- All riders should carry tools to perform their own repairs. However, should tools need to be borrowed these should be wiped down before and after use or bagged to clean later.

Junctions

Whilst coming to a stop at junctions, social distancing will be retained with the following approach.

- If the road is wide enough, formation can remain 2 abreast with distancing gaps retained.
- Riders behind should keep the 2x3 formation 1m gap and not start to bunch up.
- If in narrow conditions where side to side gaps are not possible, single file will be used. Again, no swarming the junction or bunching up, retain 1 m bike separation.
- As the group pulls away it will maintain a slow enough pace to prevent large gaps being created. Communication is required in the group to achieve smooth pull away.

Regrouping

Where a group has split on the road, due to junctions or significant climbs where the ride leader has called "at your own pace", then the group should wait at the designated regrouping point and continue to observe social distancing.