

Procedure for First Phase Recommencement of Club Rides from 19th April 2021.

If you are wearing Club kit, you will be representing the Club, so please follow these procedures.

These procedures may be subject to change in line with Government, British Cycling and Cycling Time Trials guidance.

This means that Club Rides are now permitted by the Club if riders adhere to these procedures. Please note, if there is any breach of the procedures, insurance provided by British Cycling could be invalidated.

We are only considering primarily Sunday and Tuesday evening road rides / Tuesday evening and Thursday evening MTB Rides. The position will be regularly reviewed.

No one exhibiting symptoms of coronavirus should attend a Ride. This will also apply where someone in the rider's household is exhibiting symptoms.

Current Government coronavirus advice is to be always followed:

<https://www.gov.uk/coronavirus>

The Government has now made rapid Lateral Flow Tests available free of charge to those without symptoms and PCR tests available to those with symptoms. Government guidance suggests that anyone exhibiting symptoms should self-isolate immediately and arrange to be tested as soon as possible. Those without symptoms are encouraged to take a Lateral Flow Test twice a week and to self-isolate in the event of a positive test. A link to Government Guidance and details of how to book a test appears below. Please consider protecting yourself and fellow riders by following the Government guidance.

<https://www.gov.uk/get-coronavirus-test>

All riders who consider themselves to be in the "high risk" or "vulnerable" category should consider Government guidance for high risk individuals and make their own decisions about when, where and with whom they ride:

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

To ensure that there is adequate space for social distancing of 1 metre plus, as a temporary measure, the meeting place for the start of Road Rides will be the Innage Lane car park and MTB will be Clee Cycles.

Please ensure that Government recommendations about social distancing ("1 metre plus") are always complied with.

The committee have agreed that group sizes should not exceed 6 riders irrespective of BC proposals.

If you intend to ride into Wales, group sizes cannot exceed 4 riders from 2 different households.

If there are more than 6 riders at the meeting point, 2 or more groups will have to be created and should either ride different routes **or** should set off at no less than 5-minute intervals.

Best if different groups don't merge on the road and if there is a danger of one group "catching" another, a course change should be made to prevent this from happening.

Appropriate Social distancing should be maintained during the ride.

Riders should practice good hygiene

If a rider needs to blow her/his nose or clear her/his throat, move to the back of the bunch.

Riders may consider wearing a face covering to limit the spread of airborne particles.

Riders should not touch another rider's bike or equipment and should ensure that they are self-sufficient. Riders should not share food and drink.

Make a note of who is in the group that you are riding with to enable effective "track and trace" should that become necessary.

Remember, no arrangements or precautions can provide 100% protection from COVID. You are responsible for your own safety both on and off the bike. You must make your own assessment of the level of risk that you are prepared to accept and you are responsible for the consequences of any decision that you take .