

The committee has reviewed the clubs response to the Coronavirus pandemic

The club will be following the guidance as set out by Cycling UK and H.M. Government. This advice is changing regularly i.e. with local lockdowns and quarantine so members are advised to keep up to date through these national organisations. We want to ensure as far as possible the safety of our members and minimize the risk of the transmission of infection.

Please remember that all activities carry risk. Each member will have to assess this for themselves, bearing in mind their own personal and social circumstances and how this relates to current guidance. Consideration also needs to be given to the members who they are cycling with.

The club is continuing to offer rides. Participants need to be mindful that they comply with the guidance on social distancing and also hand sanitation while taking part. The ride leader has the responsibility for ensuring that the ride can be completed by following government guidelines but it is up to individuals to ensure that their conduct is consistent with the advice from Cycling UK and H.M. Government.

We will continue to take contact details prior to rides for emergencies. Members should be aware that their details may be used by Test and Trace should a ride participant develop Coronavirus symptoms following a ride.

Anyone developing Coronavirus after a ride should get themselves tested. The affected rider should inform the Ride Leader and the national Test and Trace team that they are now infected with Coronavirus. The Ride leader should endeavour to inform members of the Ride of the new Coronavirus occurrence.

Ride Leaders should keep the details of the participants for 3 weeks after the ride and then destroy them.

The committee would also recommend that masks, gloves and hand sanitiser are brought on each ride. It is good practice to keep your hands sanitized even when stopped by the roadside for a snack. Please ensure that hand sanitizer is used when entering a café/pub. A mask may be necessary if a serious mechanical failure necessitates the use of public transport or entering a shop.

Please ensure that you are aware of the symptoms of Coronavirus and do not attend the ride if you are at all unsure. Advise the ride leader of the situation.

1. Rides List. These will continue as previously advised with a maximum of 6 riders including the leader. Pre booking with next of kin details essential. This information will be useful for Track and Trace.
2. Ride Planning. As previously advised arrangements to continue. Hand sanitizer and masks to be used where necessary.
3. Ride Starts As previously advised.
4. The Ride. Ensure that Government advice regarding social distancing is adhered to. This is a personal responsibility. Do not attend a ride if you are under quarantine or if you have symptoms of Coronavirus. Individuals are responsible for assessing their own risk. Ensure that you have the tools and spares to effect a common roadside repair. Apart from inner tubes and tyre levers quick links for broken chains specific to your transmission and tyre boots for split tyres are useful.

These last few weeks have provided us with the enjoyment of group riding again. We need to continue to help ourselves by ensuring that we stick to the rules.

Thank you once again to all those leaders who have put themselves forward and to members who have provided such great support.