



## Outdoor cycling rules

- Ensure you arrive no earlier than 5-10 minutes before the start.
- All cyclists must sign the register on arrival and must also fill in their COVID declaration each week before each session.
- On arrival, ensure you maintain a 2 metre distance from each other.
- Agree sub-groups (to ride in peer groups of similar ability) and maintain distancing. It is your individual responsibility to do this. Although groups of 30 are allowed under current guidance, we strongly recommend riding in smaller groups, and not switching mid-ride for Test and Trace purposes (otherwise, if someone subsequently tests positive for Covid, all participants will be contacted to isolate).
- If you are unable to complete the cycle, or don't plan to complete the whole route, make sure others know that you need to stop or where you will be breaking off (and either have someone accompany you back to the start or head back by yourself depending on the circumstances). Don't split up or leave someone behind.
- If you catch another group up, only overtake where it is safe to do so i.e. on a clear, empty road with good visibility, so that distance can be maintained safely between individuals.
- Use your own drinks bottle and don't share. Ensure you have enough drink / gels / energy bars for your needs.
- Ensure you have spares to be able to fix mechanical issues independently.
- There must be no spitting or nose blowing without a tissue whilst cycling with the club. Please use a tissue and / or ensure you move to the back of the group if you feel the need to spit.
- If you need to touch gate posts / barriers etc, sanitise your hands as soon as possible afterwards and don't touch your face until then.
- Our prime concern is safety, so this overrides the need for social distancing if there is danger. Use common sense and your own judgement in such a situation.
- For coffee / cake stops, you must wear a face covering as per Government guidance and maintain social distancing (in groups of up to 6 or as applicable to Government guidance at the time).