A guide for cycling events and activities

Self-assess your symptoms and stay home if you feel unwell or told to self-isolate

- Catch coughs and sneezes in a tissue and dispose of it safely
- Wear a face covering in crowded or enclosed areas
- Wash your hands frequently and use sanitizer
- Make sure indoor areas are well-ventilated

Be self-sufficient and limit sharing of tools, equipment and refreshments

Respect social distancing

Take a lateral flow test