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COVID Guidance for riders and leaders

This guidance may change at any time and so please make sure that you are aware of the most recent version.

NUMBERS OF PEOPLE

There are no restrictions on how many people can take part in sport and physical activity, or on the activities they can do.

FACE COVERINGS

It is recommended that you wear one when you are in a crowded and enclosed setting where you will come into contact with people you do not normally meet.

In England: people are not legally required to wear face coverings.

In Wales: face coverings are legally required only in retail, public transport and health and care settings.

LEADERS

Still try to pick venues that provide indoor and outdoor seating as some people may still prefer to sit outdoors.

GENERAL INFORMATION

Follow this guidance even if you are fully vaccinated.

You will have to register for the ride in advance.

Do not come on the ride if you have COVID symptoms, have tested positive for COVID in the 10 days, are self-isolating for any reason or you suspect that you may be at high risk of infecting others for any reason. The most common symptoms of COVID are a high temperature, a new continuous cough, or a loss of, or change to, your sense of smell or taste.

You may choose to carry out a lateral flow test before you meet up with people or limit the number of people you meet.

Frequently wash or gel your hands particularly before eating, after touching frequently used surfaces and after coughing and sneezing.

Socially distance (2m) from people who you do not live with or form an extended household with. This applies to rides and at stops.

Avoid shouting, spitting etc. Cough or sneeze into a tissue or your elbow if you do not have access to a tissue.

Make sure that your bike is roadworthy. Bring enough equipment to carry out basic repairs on your own bike. If any equipment is shared, then it should be washed after use, and you should wash or gel your hands.

First Aid

Anyone giving First Aid should wear gloves and a face covering. The patient should also wear a face covering if possible. After First Aid the first aider should wash their hands for 20 seconds or use hand sanitiser. They should also avoid touching their mouth, nose, or eyes.

If CPR is used, then the patient's mouth and nose should be loosely covered with a cloth to limit the exhalation of viral particles. The first aid kit contains mask, gloves and a triangular bandage that could be used as a face covering.

Any incident should be noted by the ride leader, the information relayed to the COVID officer, and the record kept for 21 days before being destroyed. If the ride leader is not able to record details, then the back marker should do this.