

# Guide for Riders during Covid-19 restrictions

1. All riders must contact the leader and book a place in advance. Booking is essential so that we can limit each ride to a maximum of 6 people (leader plus 5). Please be understanding as the limit of 6 cannot be exceeded so a ride may become fully booked - we will try to update ride information to indicate this.
2. While the number of rides is limited, please book just one at a time for now. We are keen to accommodate new riders and so experienced riders are encouraged to continue riding in informal groups as they have already been doing over recent weeks.
3. Please ensure you arrive in good time for the start of the ride. You will need to provide full contact details to the leader so please arrive at the start at least 5 minutes early or send your details in advance.
4. If you find you will not be able to ride after all, please inform leader of the ride as soon as possible. This may enable another rider to take your place.
5. Use the information given to choose a ride that matches your current ability so that the ride can operate as planned. Riders should intend to do the complete ride.
6. All riders must agree to their contact details being passed to the NHS Track & Trace Team if requested. Any rider who gets a positive C-19 test within 7-days after being on the ride must inform the Cycling UK Stevenage Welfare Officer (or Cycling UK Stevenage Secretary) as soon as possible and no later than 24 hrs after getting their positive test.
7. All riders must always observe the social distancing rules and keep a 2metre spacing both on and off the bike. Remember this rule still applies whenever the group stops, e.g. puncture repairs.
8. All riders must follow the instructions from the leader when visiting cafes to ensure that the cafe rules and restrictions - such as maximum group size - are respected. Please let the leader know in advance if you don't want to use the planned cafe stop so that they can adjust the cafe booking. Bring your own supplies of food and drink for any rest or picnic stops or if you are not using the cafe stop. The planned stop may be too busy or may be closed so we need to be flexible