

SAFETY AND HYGIENE GUIDANCE FOR RESUMPTION OF WV GROUP RIDES

1. **Do not attend the ride if you or someone in your household has COVID-19 symptoms, is self-isolating or you have been asked to remain at home by the Government's Track and Trace System.**
2. Re-familiarise yourself with the clubs Ride Guidelines at <https://www.waldenvelo.com/club-ride-guidelines/>
3. Remain at least 2m away from other riders and pedestrians when gathering pre-ride and before dispersing afterwards.
4. No more than **six riders** from different households are permitted to ride together in any one group. **Any more than this invalidates the public liability insurance that British Cycling provides for the club and BC members.** In addition, the reputation of the club could be put at risk if the general public were to perceive of us as being in breach of government guidance.
5. You must provide your name to the designated ride leader for your group. This is so the committee can contact you if someone subsequently develops COVID-19 symptoms
6. At all times when riding in your group you should maintain the currently approved distance of at least 1 metre plus other mitigations. These other mitigations are: we are outside and we are not face to face. Each rider should maintain a distance of at least 2m from the rider in front at all times. These distances are between riders not bikes.
7. Do not share water bottles, food or any equipment. You must ensure that you are entirely self-sufficient for the ride and are capable of fixing mechanical problems or are able to call upon help from home for your safe return.
8. Select the ride group (speed & distance) that you know you can manage comfortably. These are intended to be social rides and are not the time to stretch yourself.
9. Face masks or coverings are not required but if you chose to wear one make sure it does not restrict your breathing.

10. If you develop symptoms of COVID-19 during the ride you must stop riding immediately and follow the Governments Test and Trace guidelines. Ensure that the ride leader is aware.

11. Practice good respiratory hygiene during the ride including coughing or sneezing into a tissue or the crook of an elbow. No spitting or 'snot rockets'. If you're about to have a coughing fit try to move to the back of the group.

12. Limit the amount of shouting during the ride for example by pointing to alert riders of potholes or parked cars. Call 'car up' or 'car back' only when essential. Riding in a small group should help reduce the number of calls.

13. Disperse promptly at the end of the ride and do not gather in larger groups

14. If you develop symptoms of COVID-19 within 14 days of the ride please inform us via secretary@waldenvelo.com indicating which group you rode with. The secretary will contact all members who attended that day and inform them that an unidentified fellow rider has symptoms. We will contact you via the email address we hold on RiderHQ. All participants should follow the latest NHS advice.

15. Further advice is available via the NHS, gov.uk, Sport England and British Cycling websites.