

Cycling UK: South Bucks Aylesbury Group COVID-19 Group Rides Risk Assessment.

Purpose of Risk Assessment.

Before resuming rides and group activities guidance from Cycling UK is that Member Groups should undertake a COVID-19 risk assessment. COVID-19 may be spread between people by inhaling droplets exhaled by another person when they cough or sneeze, when speaking or during exercise. There is also some evidence that the virus may be passed on through the inhalation of very fine droplets known as aerosols. Transmission may also occur through contacting contaminated surfaces followed by touching the face. The purpose of this assessment is to identify measures by which the risk of transmission of COVID-19 may be reduced during small group rides.

Risk Assessment

Activity giving rise to risk	Reasonably practicable precautions to reduce risk	Risk level after precautions have been taken
Before you ride	<ul style="list-style-type: none"> • If you, or someone you live with has symptoms of coronavirus, however mild, you should stay at home and follow government guidance on self isolation & testing. • Although restrictions on shielding for vulnerable or 'high risk' people by virtue of age, or health reasons have been paused from the 1st August 2020, those who fall into these categories should consider whether it is appropriate for them to participate in small group rides. • Make sure you are properly prepared for the ride; including tools (and know how to use them), puncture repair kit/tubes, disposable gloves, hand sanitiser or antibacterial wipes and face mask. 	Low
At the meet	<ul style="list-style-type: none"> • Maintain social distancing of at least 	Low

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	<p>2 metres.</p> <ul style="list-style-type: none"> • Do not obstruct doorways or access to shops or other public facilities. Or make it difficult for members of the public to socially distance. • Ride leaders to take names of participants to support contact tracing if required. • Rides will be limited to 6 people including the ride leader, if more people arrive at the start, two groups will be formed which should be maintained during the ride and at any subsequent stops. 	
The ride	<ul style="list-style-type: none"> • Maintain a 2 metre social distance between riders, or 1m+ with mitigation, including at junctions. • Be responsible and aware of what is going on around you, leave plenty of room between you and other cyclists. • Consider how traffic coming up behind may react to an extended 'train' of cyclists. If necessary leave gaps in order for vehicles pull into. • Groups should be cautious about riding two abreast as social distancing makes it harder to switch to riding single file. • Use your own water bottle and snacks and do not share them. • Ensure good respiratory hygiene using the catch it, bin it, kill it approach. 	Low
Café/lunch stops	<ul style="list-style-type: none"> • Maintain a 2m social distance or 1m+ with mitigation (eg face mask) if this is not possible. • Follow government guidance on takeaways and eating at cafes or pubs. • Follow the guidance provided by individual shops, cafes or pubs in relation to entering the premises, ordering food/drinks and payment methods. In particular, it may be necessary to wear a mask in order to 	Low

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	<p>enter a shop or café to order or use other facilities.</p> <ul style="list-style-type: none"> • Take care when touching surfaces others may have touched and ensure that hands are properly cleaned during the ride and particularly before consuming food or drinks. 	
Dealing with punctures/mechanicals	<ul style="list-style-type: none"> • Maintain a 2m social distance or 1m+ with mitigation (eg face mask) if this is not possible. • Use your own tools and don't share them during the ride unless absolutely necessary (see below). • If assistance is required then people should maintain a social distance of at least 1m + with appropriate additional measures such as wearing a face mask and/or gloves. • If tools are needed from other participants they should be cleaned before and after use with hand gel or wipes as appropriate. 	Low
Someone develops Coronavirus symptoms during the ride	<ul style="list-style-type: none"> • If someone develops coronavirus symptoms on the ride they should separate themselves from the group and call for assistance from a member of their household. • The affected person should wear a face mask to minimise further transmission. • All members of the group should stay at a safe distance until assistance arrives. • If assistance is unavailable and they are well enough, the affected person should ride home by the shortest practical route, possibly with a volunteer ride buddy in the lead. • Other members of the group should also return home by the shortest practical route. • All members of the group will need to self-isolate as they have been in contact with someone suspected of having coronavirus and book a Covid 	Low

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	test in line with government guidance	
After the ride	<ul style="list-style-type: none"> • The ride Leader should provide the names of participants to the Aylesbury rides secretary/Covid Officer. midweek.rides@southbuckscycling.org.uk • Anyone displaying symptoms following the ride should follow government guidance on self-isolation & testing and contact the Aylesbury rides secretary/Covid Officer as above so other members of the Group can be alerted. 	Low