



Coronavirus Guidance for all Participants (Updated 11/08/20)

Cycling UK has advised that group riding of up to six people can go ahead in England and have provided guidance on returning to group rides. Cycling UK suggest that a Covid risk assessment should be undertaken and guidance provided to ride leaders and participants. The South Bucks Midweek Committee have undertaken a risk assessment on returning to group rides and this note provides advice to all participants. A separate note provides guidance for ride leaders. The Committee will keep this guidance under review and update it as necessary.

The Committee asks that participants support their ride leaders as they will be doing their best to provide us with an enjoyable ride.

Before the Ride 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.

At the Start. Maintain social distancing of at least 2 metres. Please do not obstruct doorways or access to shops etc. or make it difficult for members of the public to socially distance.

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. To support contact tracing ride leaders will take the names of participants

The Ride Maintain a 2 metre social distance between riders, including at junctions. Be responsible and aware of what is going on around you, leave plenty of room between you and other cyclists, including at junctions.

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.

Café/Lunch Stops 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. Also, follow any specific 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 enter a shop or café to order or use other facilities. 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 and Mechanicals. 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 help dealing with a problem 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.

Someone develops Coronavirus symptoms during the ride. 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 test in line with government guidance

After the ride. Anyone displaying Coronavirus symptoms following the ride should follow government guidance on self-isolation & testing and contact the Midweek rides secretary/Covid Officer so other members of the Group can be alerted.

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