

GROUP RIDES – COVID-19 MEASURES (wef 29 March 2021)

Following the latest easing of Covid lockdown rules relating to organised sport, British Cycling have updated their guidance to allow larger groups on formal Club rides. The Committee have agreed that we will resume with groups of up to 10, with certain additional rules to comply with the latest BC guidance and protect our riders and other members of the public.

Note: this guidance relates ONLY to formal Club rides, which count as 'organised sport'. Casual rides are still subject to the rule of 6.

- **Assembly:** each group will be allocated a separate zone in the Carfax (etc). Although groups may be up to 10 once riding, before setting off they should gather in sub-groups of up to 6 and remain at least 2m apart. Please do not attend if you are showing any symptoms of Covid.

The leader of each group will note the names of all riders before departure. This will help with contact-tracing should a member of the group develop Covid-19 symptoms in the following days/weeks.

- **Group Size:** limited to a maximum of 10. If more than 10 wish to join the ride, the group should be split; each sub-group must have a Club-appointed ride leader, and once out on the road should keep well separated from other groups (at least 100m) or follow a different route.
- **While riding:** the new guidance permits a minimum 1m spacing from others in the group whilst riding. If riding side-by-side try to keep with the same person to reduce the risk of viral spread. When passing pedestrians or other riders (incl horses) the 2m gap must be maintained.
- **Hygiene:** if you or a member of your household have symptoms associated with Covid-19, or are in the extremely vulnerable category, or if you have been asked to remain at home by the UK Government track-and-trace system do not ride with the Club until you have been tested and given the all-clear.
Strictly observe hygiene protocols. Equipment, food etc should not be shared; this means each rider should carry their own tools in case of punctures/mechanicals.
- **Stops en route:** when stopping for a break, the rule of 6 with 2m distancing comes back into play. If the group is larger than 6, it should sub-divide into 2 groups and not intermingle before setting off again. Stay well away from members of the public, preferably in open countryside.
- **End of the ride:** although the ride officially finishes upon arrival back in Horsham, members visiting cafés etc should maintain the rule of 6 with 2m distancing, both for their own safety and to protect the Club's reputation.
- **Post-ride symptoms:** if you develop symptoms of Covid-19 during or after participating in a Club ride, stop taking part and follow the Government's 'test and trace' guidelines. Please also notify the ride leader or a committee member immediately.

Any questions or comments on these rules should be directed to the Club Chairman, Dave Scott:
horshamcyclingenquiries1@gmail.com.