

Before the Ride

Have you experienced any Today or at any point in the last 14 days:-

A fever

A persistent dry cough

Loss of taste

Loss of smell

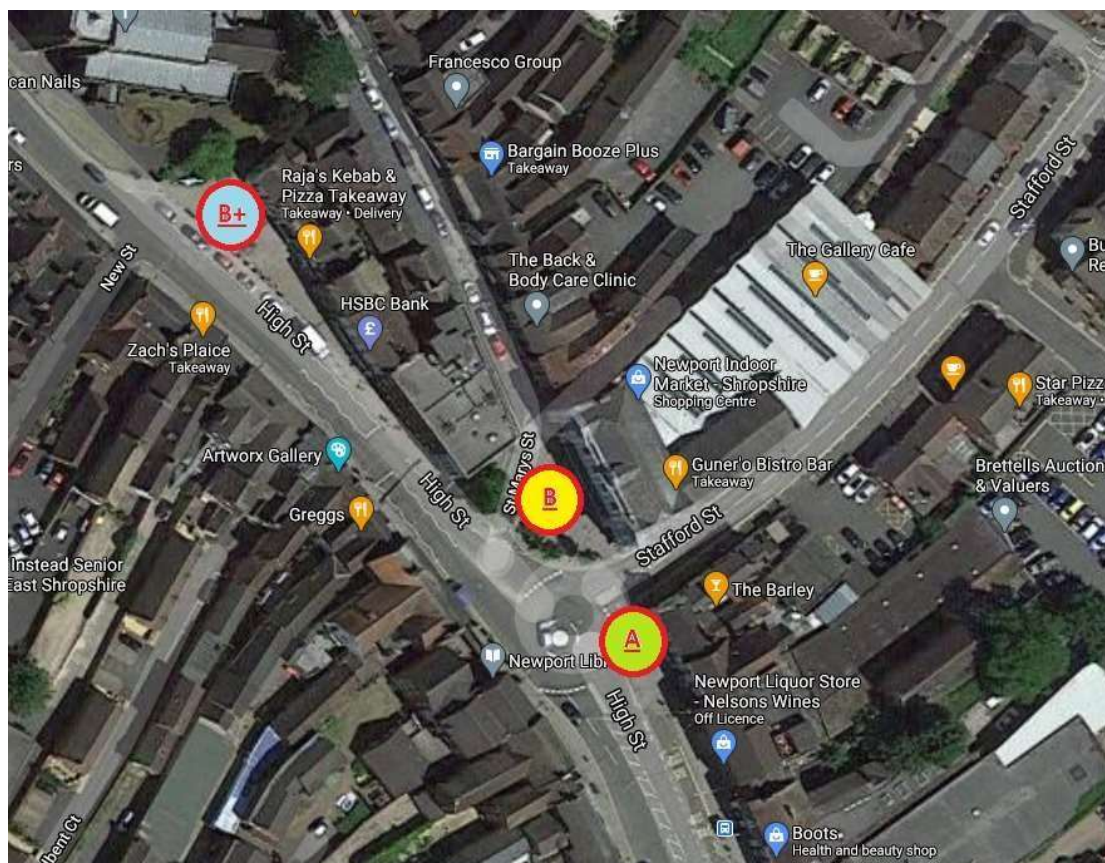
If the answer is yes to this question, NHS advice is to get a test to check if they have coronavirus as soon as possible.

Stay at home and do not have visitors until they get their test results – only leave home to get a test.

Advice is available on the NHS website: <https://www.nhs.uk/conditions/coronaviruscovid-19/>

Most importantly DO NOT RIDE

Meeting Points for Club Rides



Every Wednesday and Sunday meeting at 09:30hrs and departing at 09:35hrs

Members select the appropriate group for their ability

Social distancing should always be maintained whilst waiting for the ride to start

We recommend riders carry face masks and hand gel Group sizes will be a maximum of 6 riders.

Number of Riders	Suggested Group Split
6 or less	One Group
7	Two Groups – 4 riders and 3 riders
8	Two Groups – 4 riders and 4 riders
9	Two Groups – 5 riders and 4 riders
10	Two Groups – 5 riders and 5 riders
11	Two Groups – 6 riders and 5 riders
12	Two Groups – 6 riders and 6 riders

DO NOT RIDE IN A GROUP OF MORE THAN 6

During the Ride

Clubs and groups are now able to ride ‘one metre plus mitigations’ apart in all circumstances, rather than having to maintain a two metre gap. The ‘mitigations’ listed by the UK Government include being outdoors and being side-to-side (avoiding face-to-face contact), both of which are achieved in group riding.

Please refrain from spitting during the ride.

After the ride

Should you experience any of the symptoms listed below within 14 days of the ride then NHS advice is to get a test to check if they have coronavirus as soon as possible.

A fever

A persistent dry cough

Loss of taste

Loss of smell

Stay at home and do not have visitors until they get their test results – only leave home to get a test.

Advice is available on the NHS website: <https://www.nhs.uk/conditions/coronaviruscovid-19/>