

Coronavirus instructions to be given by ride leaders

Before starting the ride, ensure all riders are aware of the following.

- ❑ If you are **defined as high risk** for Covid-19 you must review the government guidance for high risk individuals, and take your own responsibility for when, where and with whom you ride.
- ❑ If you should be **self isolating** you **must not join** a group ride.
- ❑ **Maintain any government-recommended social distancing** at all times before, during, and at the end of a ride.
- ❑ **Practice good hygiene**, including moving to the back of the bunch to clear your throat or to blow your nose. Do not share food or drink, and avoid contact with another rider's bike or equipment. Ensure you are carrying enough equipment to be self-sufficient.

❑ **During repairs** move bike away from others if necessary to maintain distancing. If other riders, not in the same household, assist, then they should keep social distance when passing items, and clean surfaces appropriately.

❑ **Use a face covering as required** at cafes or other break venues.

*See also the Pocket **Ride Start Checklist** for leaders.*

For further information on planning and leading a ride, see fleetcycling.org.uk/footer-menu/ride-leader-guidance/ and fleetcycling.org.uk/about-rides/post-lockdown-rides/