Ribble Valley CRC

Club rides – Covid 19 guidance for club rides

The Club will abide by all government and British Cycling guidance relating to Covid 19. Club guidance will be amended in line with changes in Government or British Cycling guidance.

Safety is paramount and all riders have a duty to minimise the risk of infection/transmission and injury

The maximum number of people on a ride will be 6. If more than 6 people arrive for a ride, ride leaders will be responsible for splitting the group. All riders are responsible for maintaining social distancing as per government guidelines.

Any rider who has Covid 19 symptoms or who has somebody in their household who has Covid 19 symptoms should not attend. Club members who are in the extremely vulnerable group should not attend.

Ride leaders will maintain a register of all club members on each ride. Any rider who develops symptoms either on or after the ride should inform the ride leader, so that other riders can be informed.

All riders to practice good hygiene. Hand washing and/or use of hand sanitisers is encouraged. There is no sharing of bottles and no handling of other rider's bikes.

All Riders to practice good respiratory hygiene. Use tissues or crook of the elbow.

All riders should consider carrying their own first aid kit.

All rides to start at 9am. The meeting point will be the layby entrance of Archbishop Temple High School on St Vincent's Road. Roadside car parking is available.

Ride leaders decisions are final and will be supported by the club.

Issued 24th June 2020