NRC COVID-19 Supplementary Guidance for Club Rides - Update March 2021

As part of Step One of the Government Roadmap to ease lockdown, there will be changes made from 29 March, permitting outdoor gatherings following the 'rule of six' (either 6 people or 2 households will be allowed to meet up). Whilst we await an update from British Cycling on what this means for Cycling Clubs, our expectation is that they will reinstate the guidance that applied last summer during the previous rule-of-six.

The good news is that by meeting these requirements club rides are expected to restart from 29th March. with the additional controls in place until the UK exits lockdown completely. This should not affect your enjoyment of club rides, but we all need to accept the 'new normal', as with all COVID-19 measures,

Your safety is of paramount importance to us, and so the supplementary club ride guidelines below describe:

- What Newbury Road Club is doing, and
- What participants in club rides need to do

to minimise the risk of virus infection and transmission and ensure individual safety and the safety of other riders. The club web site will be updated shortly to update the current ride guidelines to reflect these changes.

What steps is the Club taking?

- An updated schedule of club rides is being developed for our Website. The ride organiser will conduct a risk assessment of their ride, so that any identified risks, particularly those relating to COVID-19, can be addressed.
- In line with British Cycling guidance, all club rides will be **unled** for the foreseeable future (see table below for further details). To facilitate this, ride routes will be made available in advance of rides. This means that all riders will have a responsibility to follow the route and take care of themselves and other riders. Experienced club riders will be present on rides to ensure the group does not get lost and to help handle the unexpected.
- Limiting rides to groups of a maximum of 6 riders. Don't worry, we will schedule additional rides to meet demand wherever possible.
- Staggering ride start times and meeting locations to allow sufficient space for effective social distancing.
- Ensuring riders are confirmed in advance of the day of the ride, in line with British Cycling guidance. This will include capturing rider names and contact details in case these are needed for Track & Trace as well as emergency contact details. The club requires members to reserve places on rides using the Spond App. After the ride the Club will confirm who attended and keep separate records for 21 days before erasing them.
- Providing a short pre-ride briefing to riders at the meeting point so that everyone is clear on what to do and understand any specific risks identified for their ride.
- Selecting café stops which will allow social distancing for the group. If numbers dictate, it may be necessary for different groups to go to different cafes.
- Monitoring the effectiveness of these new measures based on your feedback and modifying our approach based on changes to government guidelines.

As rides will be unled for the foreseeable future, understanding the distinction between led and unled rides is important. This is detailed in the table below:

Characteristics of a:	
Led Ride	**Unled Ride**
• Ride Leader in place • Ride Leader is responsible for leading group around route • Ride Leader is responsible for the welfare and safety of the group • Ride Leader ensures the group stays together • Ride Leader takes charge in the event of incidents	• No formal Ride Leader in place • As a result, everyone on the ride takes personal responsibility for keeping the group together and safe • (All) riders have details of the route, allowing everyone to navigate around the route (the club will ensure that there is always one or more experienced riders in each group to help with guidance, punctures etc) • Everyone takes responsibility in the event of incidents

What do I need to do if I am taking part in a Club Ride?

1. Do not attend a ride if you have (or someone in your household has) COVID-19 symptoms or you have been asked to stay at home by the UK Track & Trace System.
2. Book yourself onto a ride using the online booking system (Spond), providing all necessary details. Anyone under the age of 18 will need to be accompanied by their parent or guardian. Only in exceptional circumstances will individuals be able to join a ride without pre-booking. If you are unable to use the online system, please make arrangements with another club member to book on your behalf and provide them with the relevant details.
3. If you are booked on a ride but are then unable to attend, please notify the relevant ride organiser as soon as you can, and decline the invitation in Spond.
4. Bring a face mask/covering with you, as you will need this at café stops and ideally disposable gloves too.
5. Arrive promptly for your club ride. As groups will be departing at different times, please do not arrive too early to keep the number of people congregating to a minimum.
6. Maintain social distancing of at least two metres (or one metre plus mitigations) at all times.
7. Ride safely, within your capabilities at all times, to minimise the risk of accidents. The club recommends that individuals take out personal insurance, which is available from a number of different providers. Third party insurance is part of some ride memberships through British Cycling or Cycling UK, so it's worth checking if you have cover. Please note that the Club insurance provided by British Cycling does not cover individuals on rides.
8. Maintain good hygiene practices at all times. In particular avoid spitting, sneezing and coughing that could affect following riders and wash/sanitise your hands before and after rides and at coffee stops. Please follow local café hygiene procedures.
9. In the event of a mechanical issue, puncture or injury, observe social distancing and use your mask plus gloves if providing assistance.
10. Please do not switch groups during rides or mix with other groups at café stops, as this makes it more complicated to confirm who attended which ride.
11. If you develop COVID symptoms after a ride, notify the organiser so that other members of the group can be advised.