



Outdoor cycling rules

- Do not attend the session if you have symptoms of COVID, and follow current Government guidance regarding the need for isolation.
- On arrival, you are encouraged to maintain a 2 metre distance from each other where possible. Although social distancing laws have been removed, we would encourage you to be mindful of others and respectful of their personal space. Be aware that some members may wish to continue to follow a higher level of observance.
- If you are unable to complete the cycle, or don't plan to complete the whole route, make sure others know that you need to stop or where you will be breaking off (and either have someone accompany you back to the start or head back by yourself depending on the circumstances). Don't split up or leave someone behind.
- Use your own drinks bottle and don't share. Ensure you have enough drink / gels / energy bars for your needs.
- There must be no spitting or nose blowing without a tissue whilst cycling with the club. Please use a tissue and / or ensure you move to the back of the group if you feel the need to spit.
- If you need to touch gate posts / barriers etc, you are encouraged to sanitise your hands as soon as possible afterwards and don't touch your face until then.
- Our prime concern is safety, so use common sense and your own judgement in a situation where there is danger.
- For coffee / cake stops, you are encouraged (and may still be required by some venues) to wear a face covering as per Government guidance.