

## Chesterfield Spire Cycling Club

### COVID precautions and members responsibilities when riding

The COVID-19 pandemic has been an unprecedented challenge worldwide and has put huge demands on health services , economies and individuals.

This document aims to present simple guidance for members as to how we should conduct ourselves when riding with others, whether members or not

We all have a responsibility to reduce the risk of transmission to others

The club has quite a few members who are vulnerable if they were to contract COVID, we therefore owe each other a duty to do everything we can to reduce the risk of spreading COVID if we ride together.

Guidance will change over time as the pandemic evolves and the understanding of how spread occurs changes with more research . Members should keep up to date with the guidance from Cycling UK available at

<https://www.cyclinguk.org/article/coronavirus-qa-it-safe-cycle>

### **Symptoms**

**The highest risk to members is riding with someone else who has symptoms of coronavirus or recent contact**

In line with government guidance members should self isolate and seek a test if they have a temperature, new and persistent cough or loss of the sense of taste or smell

In addition, although less specific, COVID symptoms can include severe headaches, marked tiredness, sore throat , cold symptoms and diarrhoea. At present it is not possible to obtain a test with these symptoms but for the sake of safety for others, members are advised to not ride with others for 2 weeks after any symptoms start.

If someone receives notification that they have been in contact with a case of COVID they should self isolate in line with government guidance and not ride with others for at least 2 weeks\*\*

If a member has proven COVID they should follow government guidance and they should not return to riding with others for at least 2 weeks\*\*

\*\*Note that the science on how long people are infectious is still uncertain. 2 weeks is a minimum period for avoiding contact

It is expected that you would inform other riders of the fact that you have been self isolating so that they can make their own judgement.

## **Equipment on rides**

When riding members should be equipped to be self-sufficient and to keep others safe in the event of illness or mechanical incidents

As a minimum each rider should carry

- A mask or other suitable face covering
- Pump
- Spare inner tube
- Tyre levers
- A suitable multi tool for simple repairs
- Disposable gloves
- Small bottle of hand sanitizer
- Mobile phone and money
- Lights during the autumn and winter months

### **Conduct on Rides**

The club is not currently organising rides, this will remain under review. Individual members are making personal arrangements to meet up and ride in pairs and small groups

At present groups of individuals riding together should never include more than 6 riders in line with Cycling UK guidance

If someone joins a group during a ride and this makes the group larger than 6 people, then the group should split into groups of less than 6 people

Please note that the club insurance does not cover informal rides by members. It is always a condition of club

membership that members have their own third party insurance (eg through CyclingUK membership)

Keep at least 2 metres apart when riding and when stopped

In the event of puncture or breakdown the rider should be responsible for fixing their own bike. In the event that help is required there is a risk of transmission from handling items, wear a mask and use disposable gloves and sanitize hands after but consider if this is avoidable. Only one person should be handling a bike at one time, other riders should maintain 2m distance

When attending cafes or shops maintain social distance and wear a mask inside.