



## **Woking Cycling Club**

### **Guidance for group riders whilst maintaining social distancing**

1. Groups must be no more than 6 riders.
2. You are responsible for your own space and safety and must make sure that you are not encroaching on anyone else in the group. Be prepared to ask another person to keep further away if necessary and if you are asked to move away do not take it personally.
3. With social distancing reduced to 1+ metre it should be appropriate to ride two abreast once more. Allow a bigger gap than usual between your front wheel and the rear wheel of the rider in front of you. There is a wake effect and if you ride close behind another rider you will be in their wake. You will still get some drafting benefit at a significant distance.
4. When working hard, for example, up a hill, it is sensible to leave more space between you and the rider in front to minimise the sharing of droplets in the air.
5. Communicate. Calls such as 'slowing' or 'stopping' are even more important to avoid the group bunching up.
6. At give way and stop junctions hold back until the rider in front of you has cleared the junction then move forward and make your own assessment as to whether it is safe to proceed. Once clear of the junction riders will need to soft pedal until it is confirmed that everyone else is through because it may take longer for all the group to emerge. Communicate to the riders in front of you when all members of the group are 'all on'. It would be useful to have a designated sweeper to help facilitate this.
7. At traffic lights be prepared to stop if the lights change to amber before all the group is through the junction. Again, make sure that you communicate up to the front of the group if the group is 'split' or 'all on'.
8. If you decide to overtake the rider in front of you first make sure that there is room to slot back into the train while still maintaining a comfortable gap to other riders. Pass wide and do not cut back in too soon.
9. Strictly no spitting or clearing the nose or throat while riding.

10. Rides will, as always, be non-drop so if you have to stop or soft pedal make sure you communicate that to the group in good time.
11. If you have a puncture or mechanical the group will wait but be prepared to fix it yourself. If someone else has a problem, do not get involved unnecessarily and do not share tools.
12. If someone in the group is injured then you will need to assess whether immediate assistance is required and if you are comfortable about providing that assistance. If assistance is being given the minimum number of helpers should be involved with the rest of the group maintaining a safe distance.
13. Consider carrying a small container of hand sanitiser, gloves and a face mask. If you expect to buy coffee / cake you will now need a face mask in the café or like.
14. Carry extra food with you and make sure you have plenty to drink. If the group arrives at the coffee stop and the number of people already there means that it is not possible to socially distance the decision will be made to move on.
15. When passing pedestrians on the pavement, or in the road if there is no pavement, move out if it is safe to do so to maintain social distancing. It may be necessary to 'single out' in order to do this safely. This should be done in plenty of time and without the group bunching up.
16. Minimise face-to-face with other riders at any stage during the start, ride, any stops or finish of the ride
17. Whilst communication is vital (see 5 above), use the standard hand signals where possible to stop unnecessary shouting close to other riders

WCC Committee

23 July 2020