**Covid Safer Club Runs – what to expect and behaviour code.**

**29 March 2021**

Following the relaxation of the latest Covid 19 control restrictions, we are again able to resume our official club runs programmes. The club has, and will continue to follow the stipulations of British Cycling. There are some necessary safeguards to protect the reputation of the club as well as those who lead and join club runs. We hope and expect all participants will follow and respect the new arrangements, which will be reviewed as and when the situation changes.

**Rider requirements**

1. Rides will be limited to a maximum of leader + 14. The limit is subject to regular review. This is required under our club 3rd party insurance. If more than 15 people wish to ride, the run **MUST** be split into two groups providing two leaders are available.
2. Please observe the limit of 6 people at the meeting place, and an mid and post ride refreshment breaks
3. **Obviously**…….if **YOU**, or any member of your household, workplace or social bubbles etc have any suspicion they may be infected now, or within the past two weeks **YOU MUST NOT JOIN**.
4. Participants must register with their name and a contact phone number for **each and every** ride they join. This is to enable us to trace people in the unlikely event that one or more riders becomes infected with Covid 19 within 3 weeks of their joining a ride. Where possible the registration will be done electronically using WhatsApp. If this is not possible a **dated** note giving contact information must be handed to the run leader for the day.
5. Observe the required side by side and fore and aft 1m+ social distancing. Riding two abreast is permitted, but please leave a reasonable gap behind the rider in front of you. Maintain sufficient gaps at junctions etc
6. No spitting or nose clearing unless you have dropped well off the back of the group.
7. Bring what is necessary to be “self sufficient”. This includes hygiene items and what’s needed to fix a puncture etc. Fellow riders may be willing to assist, but should not feel obliged to do so.
8. Respect the directions of the run leader. Remember these are fellow club members who plan and lead rides as volunteers. They will have to do more than usual to maintain a register, so please do not make leading a thankless task.
9. Respect and co-operate with the hygiene and distancing requirements at our café stops. These businesses provide us with a valuable service, and have themselves had to introduce additional safeguards to protect staff and customers. Please carry a face covering to wear if cafes require this.

**Arrangements at the start.**

Please gather in an orderly and well separated way to avoid criticism by those who see us assemble.

The **Sunday** start arrangement will involve meeting at the Warwick Road end of Morrison’s Car Park.

Please arrive in good time as the run leaders may need to split their group, and there may be announcements before the runs set out.

**Review and updates**

While the risk of transmission of Corona Virus has reduced significantly, the disease has not gone away, so we must remain vigilant and act in a responsible and considerate manner.

Keep an eye on the members’ Facebook page and/or WhatsApp groups for updates