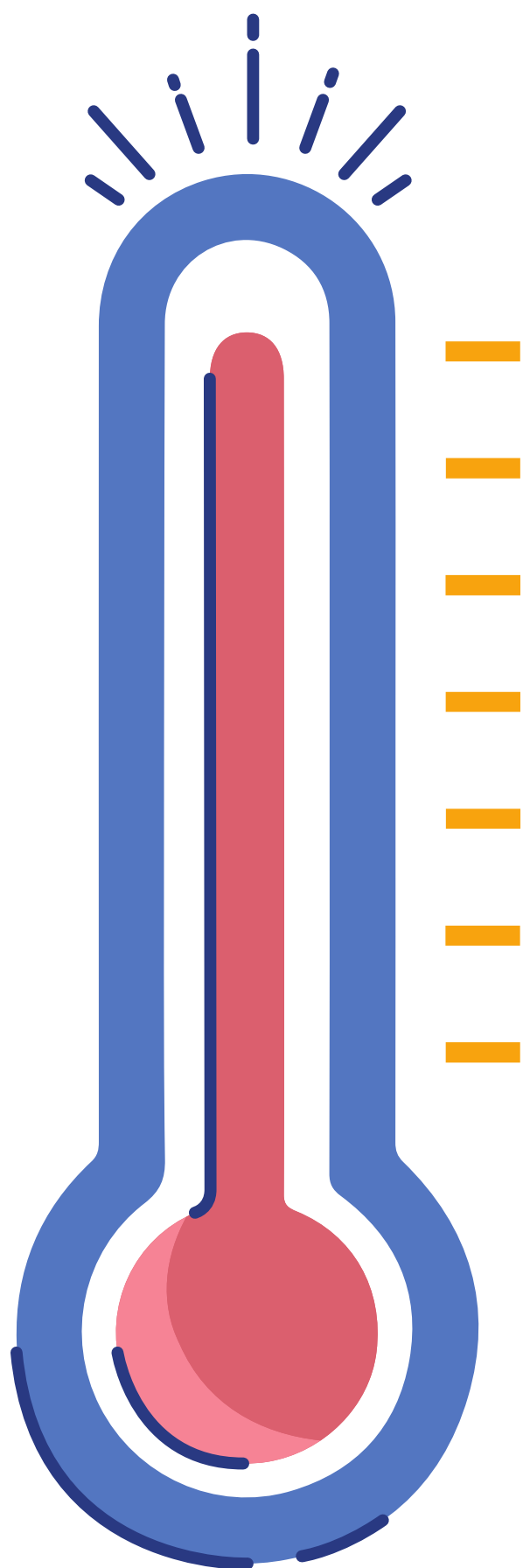


# Staying safe



## A guide for cycling events and activities

**Self-assess your symptoms and stay home if you feel unwell or told to self-isolate**



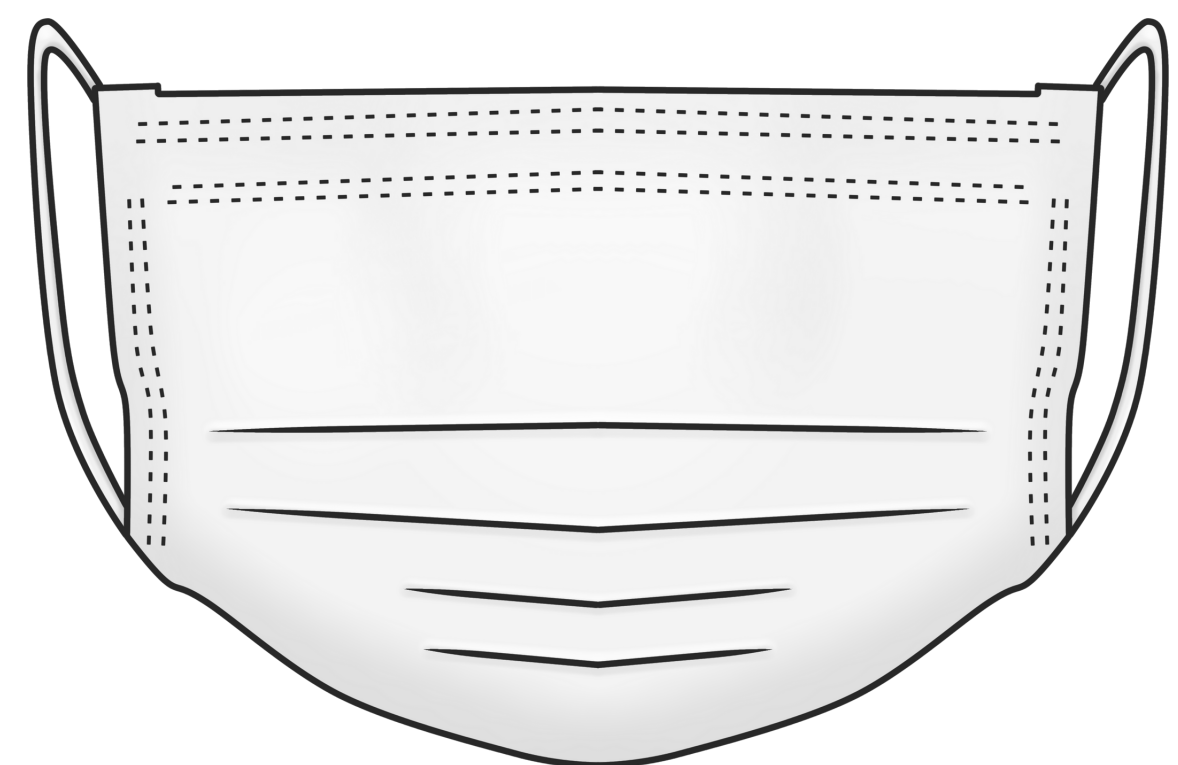
**Catch coughs and sneezes in a tissue and dispose of it safely**

**Wear a face covering in crowded or enclosed areas**

**Wash your hands frequently and use sanitizer**

**Make sure indoor areas are well-ventilated**

**Be self-sufficient and limit sharing of tools, equipment and refreshments**



**Respect social distancing where applicable**