

**DATE UPDATED: 2.7.2021**

**COVID officer – Margaret McNelis 07597 995000**

### **COVID Guidance for Riders**

This guidance may change at any time and so please make sure that you are aware of the most recent version.

Follow this guidance even if you are fully vaccinated. This is especially important now that a new variant of concern has been identified and is on the rise in Wirral, Cheshire West and Chester, Cheshire East, the wider Liverpool region, and other locations in the UK. Government guidance states that people should minimise travel in and out of these areas.

Frequent handwashing and the use of hand sanitiser gel remains important, as does keeping 2m apart, refraining from touching your nose/mouth with unwashed hands and meeting outdoors.

You will have to register for the ride in advance. This will allow your contact details to be provided to Test and Trace in England or Test, Trace and Protect in Wales if requested.

Do not come on the ride if you have COVID symptoms, have tested positive for COVID in the 10 days before the ride or feel ill in any way. The most common symptoms of COVID are a high temperature, a new continuous cough, or a loss of, or change to, your sense of smell or taste.

Do not come on the ride if you are self-isolating, in quarantine after travel or you suspect that you may be at high risk of infecting others for any reason.

Remember that riding in a group cannot be guaranteed to be free of all COVID risks.

COVID has affected people in many ways so be respectful of other people's requests, worries and behaviour.

Make sure that your bike is roadworthy. Bring enough equipment to carry out basic repairs on your own bike. If any equipment is shared, then it should be washed after use, and you should wash or gel your hands.

You can drive to the start of a ride.

Try to keep 2 metres away from people you do not live with or have not formed a bubble with. This applies when riding and at all stops.

Remember to keep your distance when overtaking, at junctions, at the start and at the finish. Avoid riding in anyone's slipstream and try to avoid riding 2 abreast.

Be aware that social distancing on a ride may impact other road users as the group will be larger than usual.

Avoid shouting, spitting etc. Cough or sneeze into a tissue or your elbow if you do not have access to a tissue.

If you develop symptoms of COVID then you should follow current GOV advice. At the moment, this includes taking a COVID test. If this is positive, then you will need to supply Test and Trace in England or Test, Trace and Protect in Wales with contact details for the **COVID officer**.

### **At the café and using public toilets**

Be careful to stack bikes so that contact between individuals and surfaces is minimised.

Every customer or visitor aged 16 and should check in to the NHS COVID-19 QR poster at the café or provide their contact details as required by the café. The information will be kept for 21 days to provide to the appropriate tracing authority.

In England and Wales 6 people from different households can visit a café. Working carers are not included in the total in Wales. You can order at the counter but must eat and drink at your table. Try to keep 2 metres away from people you do not live with or have not formed a bubble with.

You must wear a face covering when not seated at a table unless you are exempt or have a reasonable excuse. It is a good idea to wash your hands or use hand sanitiser before your meal.

It is advisable to wear a face covering when using a public toilet and remember that many people touch surfaces like taps, door handles and soap dispensers. Try to operate these with your wrist or forearm.

### **First Aid**

Anyone giving First Aid should wear gloves and a face covering. The patient should also wear a face covering if possible. After First Aid the first aider should wash their hands for 20 seconds or use hand sanitiser. They should also avoid touching their mouth, nose, or eyes.

If CPR is used, then the patient's mouth and nose should be loosely covered with a cloth to limit the exhalation of viral particles. The first aid kit contains mask, gloves and a triangular bandage that could be used as a face covering.

Any incident should be noted by the ride leader, the information relayed to the COVID officer, and the record kept for 21 days before being destroyed. If the ride leader is not able to record details, then the back marker should do this.