

# Yeovil Cycling Club

## Covid 19 Club Run Rules

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1. All riders attending club runs are required to comply with these rules.
2. Any person having symptoms however mild of Covid 19 or being required to self-isolate in accordance with Government rules, must not attend a club run whether or not intending to ride. This prohibition includes attending the start area where riders are gathering and the refreshment venue.
3. All riders have a responsibility to inform and remind fellow riders of the Covid 19 social distancing rules, and this will be welcomed by all riders.
4. All riders are advised to carry a mask or some other form of face covering.
5. Controlling the gathering and forming groups at the commencement of the Sunday and Thursday Club Runs:
  - a. **Sunday Club Runs** will commence at the car park adjacent to Yeovil Recreation Ground at the end of Chilton Grove in the area of the car park designated for coaches and cars. Riders will form into groups of no more than six people based on their preferred ride destination and ride speed. Regular ride leaders and riders will know where to form their group. New riders are to be directed to the Club Runs leader who will assign them to an appropriate group. If there are more than six riders wishing to be in a group then riders will form two, or more, smaller groups of no more than six riders. Each group shall be clearly separated by at least 2 metres from any other group.
  - b. **Thursday Club Runs** will commence at Palmers Garden Centre Café, Bunford Lane. Riders will occupy tables with four seats. If the total number before the start is 6 or lower then all participants will ride as one group. If the number exceeds 6 then the groups will remain in their table groupings. If the number of riders exceeds 8 then newly arriving riders will be directed to the appropriate group by the ride leader.
6. Riders will follow the social distancing rules as they form up within groups of no more than six people. Groups can split into smaller units during a ride but riders are not permitted to swap between the groups that were formed at the start of the ride.

7. The club will keep a record of all ride groups and riders for Track and Trace purposes.
  - a. **Sunday Club Runs:** The Club Run organiser will take a photograph of each group prior to their departure. Members contact details can be found in the club records if subsequently required. Non-members will be asked to leave contact details with the Club Run organiser.
  - b. **Thursday Club Runs:** The ride leader will make a record of those attending the ride and send this to the YCC Membership Secretary. Members contact details can be found in the club records if subsequently required. Non-members will be asked to leave contact details with the ride leader.
8. Riders wishing to join part way through the ride will be required to inform the Club Run Organiser (Sunday Club Runs) or the Ride Leader (Thursday Club Runs) in advance of the ride so that the rider can be allocated to a group that won't exceed 6 riders. Riders who fail to inform will not be allowed to join if there is no space within the group(s) on the ride.
9. When riding the natural spacing of the bikes and the riders will help to ensure compliance with the social distancing rule. When stopped during the ride (for example at junctions, traffic lights, route discussions, allowing other traffic to pass) riders will maintain social distancing from other riders. Whenever passing pedestrians riders will also maintain social distancing. If on a narrow road or path (for example a canal towpath or a shared use cycle path) riders will stop and pull over to one side if necessary to comply with the social distancing rules.
10. Any riders needing to clear their nose or similar should do so in open countryside and only after dropping to the back of the group and making sure no member of the public is at risk. Nose clearing and similar in built up or urban areas is not allowed unless using a handkerchief or tissue.
11. Wherever possible, hand signals should be used in preference to shouted warnings or instructions for the avoidance of aerosol particles.
12. Punctures and other mechanical problems are to be dealt with within ride groups. Riders will be personally responsible for sanitising their hands should they have to borrow any tools to complete the repair. All riders should add hand sanitiser or disposable gloves to their ride pack to ensure they are prepared. Social distancing of at least one metre should be maintained throughout the procedure. In exceptional circumstances where one metre distancing is not possible face coverings must be worn.
13. Each rider is individually responsible for compliance with the rule of 6 and specific Covid 19 rules at refreshment venues. All riders also have a responsibility to inform and remind fellow riders of the rules and this will be welcomed by all riders.
14. Group leaders are responsible for completing tracing forms or apps at refreshment venues. Individual cyclists diverting from the course in order to return home by

direct route or similar will be responsible for completing their own tracing details at any refreshment stop they make after their diversion.

15. Mixing between ride groups at refreshment venues will not be allowed and all riders are to remind each other that this is a strict rule of the ride. If ride leaders have booked tables at refreshment stops they must ensure separate tables are booked for each ride group and, if possible, such tables are not adjacent to each other.
16. If during the ride a rider has symptoms of Covid 19 the rider should call his emergency contact and ask to be picked up. The rider with symptoms should wait to be picked up and returned home and should as soon as possible take a Covid 19 test in accordance with government guidelines. The remaining riders should curtail the ride, return home and thereafter proceed in accordance with government guidelines.
17. Riders with Covid 19 symptoms, however mild, within 14 days of the ride must immediately arrange to have a Covid 19 test.
18. Riders testing positive for Covid 19 within 14 days of a Club Run must immediately notify the YCC Membership Secretary of a positive test result and supply to NHS Test and Trace such contact details as they may require including details of all YCC rides within the relevant period.
19. These Covid 19 rules will be amended from time to time in accordance with changes to Government rules, British Cycling and Cycling UK Guidelines and feedback from members.