

WBCCC – Organised Sport and Physical Activity Guidance

As we move to the introduction of our weekly rides, I need to remind everyone that we can only do this providing we adhere to Sport England's Organised Sport guidance.

At this stage there is no need to go into all the detail of this guidance, which is quite comprehensive and lengthy. However, it is incumbent upon us as a club to remind you of the key requirements and while much of this is now common-place in our daily lives, for completeness I have included it here.

Pre -ride

Strong hand hygiene should be practiced by everyone involved before, during and after all rides.

Members must not attend a ride or session if they have Covid-19 symptoms, have someone in their household who does and are in the extremely vulnerable category or if they have been asked to remain at home by the UK Government's track and trace system

During the ride

It is important that we all abide by the 2-metre rule when meeting up prior to and at the end of the ride. It is very easy to become complacent of this, particularly when speaking with friends and fellow riders. Don't be afraid to remind people of the 2-metre rule if you consider they are getting too close.

However, during a ride the guidance states that riders should maintain a 'one-metre plus' distance from other riders.

If riders choose to ride two abreast, they should aim to stay beside the same rider as much as possible.

Riders should provide their own equipment and refreshments and avoid any sharing of water bottles, food or equipment.

Post Ride

If a member develops Covid19 symptoms within 2 days of riding with WBCCC they should first ensure they follow Test and Trace guidance. They should also inform the ride leader so that other participants can be quickly informed and take necessary steps in line with NHS Test and Trace guidance. The ride leader should not name the person who has tested positive when informing others in order to protect their privacy.