

Sunday Rides during COVID-19 (latest version, dated 23/09/20)

We are pleased to be welcoming you back to club rides. However, as you are probably aware, we cannot return to how things were before COVID-19.

Some changes have been introduced to ensure a safe environment and to meet government guidelines. We need your co-operation to do this, and may need to restrict group numbers to comply with guidelines.

Changes:

- A Facebook poll will announce Sunday rides. Members should indicate which ride they wish to join by 8p.m. Friday:
 - Short Social (i.e. 20 miles, no cafe stop)
 - Elementary (40 miles; avg 12-14 mph)
 - Intermediate (50-60 miles; avg 14-16 mph)
 - Club Run (50-70 miles; avg 16-18 mph)

Those not on Facebook should contact Graham Johnson at ridecaptain@seacroftwheelers.co.uk

- On Saturday evening, meeting times will be posted on the club's Facebook group
- Staggered meet and start times will help to avoid a large congregation at the Stonehouse Barnbow, e.g. Short Social/Elementary 8.45 for 8.55; Intermediate/Club Run 9.05 for 9.15

Do's & Don'ts

1. Please do not turn up if you have a high temperature, a new continuous cough, a loss of or change to your sense of smell or taste. Or if you have been in contact with someone who has had COVID-19 within the 14 last days or if you should be self isolating.
2. Please stick to group sizes
3. Follow social distancing guidelines at all times
4. Do not eject bodily fluids from the nose and throat; if absolutely necessary, drop back clear of the group before doing this
5. Refrain from handling other riders' equipment, e.g. handlebars, water bottles
6. Make adequate provision for food, drinks etc. A break in the ride can be taken at a safe location if a suitable café stop cannot be found.
7. In the event of abuse from motorists, refrain from retaliating as this may make things worse and bring the club and sport into disrepute
8. Please be at the Stonehouse Barnbow 15 minutes before ride time so groups can be organised and a safety briefing take place. No joining rides en route: **no safety briefing, no ride**
9. To assist with 'track and trace', if you are tested positive for COVID-19 after riding with others, contact ridecaptain@seacroftwheelers.co.uk
10. If you are unable to make a ride for any reason please notify the Ride Captain as soon as possible to prevent another member potentially missing out on

a ride

Please be patient. This process is new for everyone and may have teething problems. However, we welcome feedback and suggestions for improvements via the website - <https://www.seacroftwheelers.co.uk/contact-us-feedback/#feedback>

Members not booking and just turning up may be told no ride is available (an allowance may be made for members not on Facebook but they need to notify the Ride Captain 24 hours before ride time).

Rule of 6 amendments (added on 18/09/20)

The purpose of this amendment is to outline what we must do to ensure we comply with the latest laws on group gatherings; it details what we do when meeting at the Stonehouse Barnbow

- The Ride Captain or another ride leader will greet you at the gate where you will be informed of your ride leader and directed to your group's meeting area. You must remain in this area, socially distanced (with mitigations) and not mix with riders from other groups
- If there is a queue at the gates of riders waiting to be directed to their group of 6, you must stay socially distanced (with mitigations)
- All riders will receive a safety briefing and groups will be set off at 2 minute intervals.

Please do not turn up at the Stonehouse Barnbow too early for your meet time - this will help ensure correct social distancing.

NOTE: It is important that these amendments are adhered to. Failure to do so may jeopardise the continued running of Sunday club rides.