

Rules for Sunday Rides during COVID-19 (latest version, dated 28/11/20)

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)
 - 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

(it's the poll, email and text requests combined, that will dictate group size and composition).

- 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.** To assist with 'track and trace', if you are tested positive for COVID-19 after riding with others, contact ridecaptain@seacroftwheelers.co.uk **immediately**.
- 3.** Please stick to group sizes
- 4.** Follow social distancing guidelines at all times
- 5.** Do not eject bodily fluids from the nose and throat; if absolutely necessary, drop back clear of the group before doing this
- 6.** Refrain from handling other riders' equipment, e.g. handlebars, water bottles
- 7.** 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.
- 8.** In the event of abuse from motorists, refrain from retaliating as this may make things worse and bring the club and sport into disrepute
- 9.** Please be at the Stonehouse Barnbow, wearing a face covering (neck buff is fine) 15 minutes before ride time so groups can be organised and a safety briefing take place. No joining mid ride, **no safety briefing, no ride**
- 10.** If you are unable to make a ride for any reason, please notify the Ride Captain giving as much notice as possible to prevent another member potentially missing out on a ride.

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 all these rules are adhered to. Failure to do so may jeopardise the continued running of Sunday club rides.

We will endeavour to meet everyone's ride choices and expectations but there will be circumstances, due to group size limitations and ride leader availability that this will not be possible.

Please bear this in mind and be considerate of your fellow club members and appreciate that if you do need to cancel (for whatever reason) that you notify Graham in good time. You could be depriving another member of a ride (or their ride of choice) and it could impact the other groups as members are moved around to compensate.

If someone does not get their first choice of ride one week their choice will be prioritised the following one.

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>