

Rules for Sunday Rides during COVID-19 (latest version, dated 18/08/21)

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

Do's & Don'ts

1. Please do not turn up for a ride under the following circumstances :-
If you have tested positive for Covid19 in the last 10 days.
If you have a high temperature, a new continuous cough, a loss of or change to your sense of smell or taste. (or any other symptoms associated with Covid19).
If you should be self-isolating.
If you have been in contact with someone who has had COVID-19 within the 10 last days. (If you have had both vaccinations you do not need to isolate).
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 any 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, 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**. Face covering optional (neck buff is fine) you may need one for the café.
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)

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 under continual review, we welcome feedback and suggestions for improvements via the website -

<https://www.seacroftwheelers.co.uk/contact-us-feedback/#feedback>