

# STIRLING BIKE CLUB

## GROUP ROAD RIDING PROTOCOL : COVID-19

1. In the early days of the resumption of Group Road Riding, SBC group size will be limited to **10** riders. Group sizes will be reviewed from time to time after resumption. The Club has appointed club member Jim Fisher as the Covid Co-ordinator all as required by Scottish Cycling.
2. Conventional group riding of two lines abreast with the exception of 'spelling up'.
3. Individual Club rides to assemble at dispersed locations throughout the Stirling area. Assembly/Meeting point chosen by the Road Ride Leader (RRL) to avoid over-congregation at the Peak. Ensure 2 metres physical distancing during the Assembly/Meeting period.
4. Only SBC RRLs to lead authorised Club rides. RRLs to post up the proposed Ride on the **SPOND** platform and to include the meeting point, date, time, route, average speed of the ride all in compliance with Development, Intermediate, Middle, Tempo group categories. For the meantime, there will be no RRL Rota ; it is to be left entirely to the RRL's discretion as to whether they wish to take a ride. Each RRL is encouraged to form regular 'bubbles' for their group rides.
5. First **9** riders (as defined above) plus the RRL will be included in the group. Ad-hoc or 'turn-up' additions to the group will not be permitted. Names and contact numbers of all riders in the group must be provided on the **SPOND** booking system at least 24 hours prior to the ride. This data will be held securely for 4 weeks.
6. All riders should bring a personal face covering with them during the ride for use in the event of injury requiring attention from a first aider (who will also wear PPE).
7. Riders are to be fit and healthy with no Covid symptoms. Riders must NOT attend a group ride if :
  - They have Covid-19 symptoms
  - Someone in their household has Covid-19 symptoms
  - They have been asked to self isolate at home by the Scottish Government's Test and Trace system
  - They have tested positive during the 14 days prior to the group ride.
8. If anyone is in doubt about their risk of exposure to infection, Lateral Flow tests are available free of charge. Click on link : <https://test-for-coronavirus.service.gov.uk/order-lateral-flow-kits>
9. Stopping at cafes, at this time, is not encouraged unless wider societal guidance (currently 2 metres) can be strictly adhered to. Maintain the required physical distancing for any stops during the ride.
10. No physical contact, sharing equipment or food.
11. Ensure the required (currently 2 metres) physical distancing at end of ride – prompt dispersal thereafter.