

# Worcester and Malvern CTC COVID-19 Risk Assessment for Group Rides V1.0

## 1 Introduction

Worcester and Malvern Cyclists' Touring Club (W&M CTC), a member group of Cycling UK, stopped all club group rides at the start of lockdown. Cycling UK have now advised that group rides are permissible.

This document is a COVID-19 safety risk assessment for club group rides. It is in addition to an existing risk assessment for rides and here addresses the specific issues of organising group rides during the pandemic.

## 2 Scope

Official club organised group rides are posted on the club website calendar page by the relevant Ride Co-ordinator. Other rides which may be offered on the club Facebook site are not club organised rides and are a personal arrangement.

This assessment may not be applicable to rides in areas of specific local restrictions.

## 3 Reference Sources

1. W&M CTC Risk Assessment for Rides V3.1, 24/10/2017
2. [www.cyclinguk.org/article/coronavirus-qa-it-safe-cycle](http://www.cyclinguk.org/article/coronavirus-qa-it-safe-cycle)
3. [www.cyclinguk.org/article/tips-socially-distant-cycling](http://www.cyclinguk.org/article/tips-socially-distant-cycling)
4. [www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do](http://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do)

## 4 Risk

A single risk item is covered by this document:

The spread of COVID-19 coronavirus, whether to riders on a W&M CTC group ride or to anyone who comes into close contact with these riders.

## 5 Mitigations

These mitigations apply the Government guidance, as advised by Cycling-UK, in force at the time of this document.

### 5.1 Size of a group ride

The maximum allowed in a group is 6 (Ride Leader plus 5). If more riders than this wish to participate then the Ride Leader must either select 5 riders or split the ride into separate groups each not exceeding 6. The groups must remain separate at all times (including at stops). As a rule of thumb, each group should separate by at least 350m/1 minute.

The Ride Leader may specify the maximum number that will be allowed on their group ride, which will be posted with the calendar details of the ride.

### 5.2 Social Distancing.

A minimum of 2 metres separation must be maintained between riders, and riders and others who may come into close contact (pedestrians, other cyclists and road users).

Cycling-UK advice on social distancing on rides is to be followed, including:

- whilst the Highway Code permits riding two abreast, this is not recommended;
- leaving extra space between riders at junctions and when overtaking/passing;
- ensuring separation at the meet-up and any stops.

Extra distance should also be allowed when climbing, due to possible heavier breathing.

Riders are responsible for maintaining social distancing on the ride.

### 5.3 Track and Trace

If a rider subsequently reports symptoms up to 14 days after a ride then the Government Track and Trace procedures must be followed.

The Ride Leader shall note names and details of riders participating. These details may be emailed to the Chairman (via the club email address below), shall be kept for 21 days and then may be destroyed.

If a Rider subsequently reports symptoms, then they shall contact the Ride Leader or the Chairman who will provide details of the other riders for Track and Trace purposes.

### 5.4 Other

Riders are strongly encouraged to carry face coverings and hand sanitiser, in cases where social distancing and hygiene cannot be achieved (e.g. helping to repair a puncture) or after handling road furniture (e.g. opening/closing a gate).

Riders wishing to participate in group rides are responsible for ensuring they are fit and healthy for riding, they are not displaying symptoms or self-isolating, and are comfortable with the risk assessment and are willing to comply with social distancing and other requirements during the ride. No singing.

People aged 70 and over are officially regarded as clinically vulnerable (regardless of medical conditions). Riders over 70 are responsible for being aware of the appropriate government guidelines (Ref. 4).

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