



## Coronavirus Pre Ride checklist

**Winchester CTC, a member group of Cycling UK, takes the welfare of participants in its activities seriously - your attention is drawn to this checklist.**

It is your responsibility to read this before taking part in a ride, there is a possible risk to yourself and others if guidance is not followed.

**If you feel unwell, in accordance with national guidance you must state this before starting a ride**

- If you feel unwell before a ride, please do not take part in the ride
- If you begin to feel unwell during a ride, let the Ride Leader know
- If you begin to feel ill after a ride, contact your Ride Leader or Coronavirus Officer (currently Paul Howard Welfare Officer - email [welfare@winchesterctc.org.uk](mailto:welfare@winchesterctc.org.uk)) asap and then look on the NHS website ([www.nhs.uk](http://www.nhs.uk)) for the next steps

### **Do**

- Follow national guidance on measures such as social distancing, hygiene etc.
- Clean frequently touched surfaces often, such as bar grips, brakes levers etc., using appropriate products
- Use your own tools/bikes, and don't share throughout the session if possible
- Try to avoid contact with other riders and the public
- Keep in small groups as per current advice
- Take your own water bottle to keep hydrated and do not share it
- If you take food, take what you need for the day for yourself and do not share it

**Your Ride Leader will keep contact details for 21 days after the ride to comply with national 'Track and Trace' requirements**