

COVID Ride Guidelines

If you've ridden with Lewisham Cyclists before, you will know that we are a very easygoing bunch of folk and like to keep the rules and regulations to an absolute minimum. However, we have had to rethink the way we operate a bit, due to Covid. We want to keep these rides going so we need to insist on a couple of things we would not ordinarily consider.

1. We have to ask that you book a place on our rides instead of our usual relaxed turn up and go approach. We can only take 12 riders per ride leader to keep to the designated group size for outdoor meetings, and this is so much smaller a number than usually turn up so booking is essential. Use the Eventbrite link to do this
2. If you develop symptoms that could be due to the virus in the two weeks before the ride date, YOU MUST NOT join the ride. Ring up the ride leader and tell them you can't make it. And stay at home. If this happens to you, we'll miss you, and be wishing you well. The list of symptoms, although we are probably all familiar with them now, can be found on the NHS site <https://www.nhs.uk/conditions/coronavirus-covid-19/>
3. Outdoor exercise is probably the safest way you can meet anyone outside your household group at the moment. Research is ongoing, but it seems that provided we respect the social distancing rule of keeping 2m apart our risk of transferring the virus if we have it, or contracting it from an infected person is very low. So please keep to the 2m distance from other riders at all times. I know the government advice says 1m. That's fine, but we think stick to the 2m and if we get it slightly wrong now and again being the fallible creatures we are, then we at least won't be closer than 1m!
4. BRING A MASK WITH YOU. We don't insist that you wear one on the ride, although you can if you want. But do bring one with you. In the unlikely event of an incident which means you can't complete the ride, you may need to, for example, get a train home. So will need a mask. Be prepared.
5. If first aid needed there are first aiders on the ride who will give minimal first aid gloved and masked and will ask you to glove and mask yourself too if you need first aid. P
6. Mechanicals: Same principle. We will carry out any mechanicals we are comfortable with. But be prepared to sort yourself out, either by accessing a train home or walking to a bike shop yourself. We will assist as far as reasonable.
7. Finally, we are riding together again! One of the safest ways to travel around the city and keep healthy at the same time that there is at the moment. Remember, that some people may have stricter personal boundaries than you. If you feel at any time that someone is not keeping to the 2m distance, or is doing something that makes you feel unsafe, do say. But say so calmly and respectfully, without judging. And if someone asks you respectfully, for example, to move a little further away,

respect that request. As long as that person is asking you respectfully and reasonably, don't dispute. We have all had different pressures and demands to face in this last few months and may have developed slightly different coping mechanisms. So, Let's respect each other's boundaries and we'll enjoy each other's company riding together.

8. In the extremely unlikely event that you feel anyone is not treating you respectfully, then let the ride leader know.