

Operating Procedures

PLANNING A SAFE RETURN TO SANCTIONED CYCLING ACTIVITY



These instructions are for the benefit of all riders, parents, coaches and support staff and are always to be strictly adhered to

Prior to arriving for coaching session

- Parents and riders must conduct their own bike check ('M' Check). Any potential issues can then be rectified at home, as coaches and support staff will **NOT** be able to handle rider's bikes. You can download the bike, clothing and helmet check from our website >> <https://ctwycc.co.uk/handbook>
- Riders or family members must **NOT** attend a session if they have Covid-19 symptoms, or someone in their household has symptoms or they are in a vulnerable category and been asked to stay at home.
- Ensure riders have their own water/juice bottles and food etc, as sharing will **NOT** be permitted amongst the group.
- Ensure additional clothing, such as waterproof jackets etc are brought in a personal bag and only your belongings will be allowed inside them.
- You will have been allocated a team and you will stay with this group for the four weeks. This letter is what you need to remember as you arrive at the scheduled coaching time.

Arriving at the coaching session

- Only arrive with members of your own household and keep numbers to a minimum where possible, e.g. one parent per family. Do **NOT** exceed the government advice on maximum group size.
- Maintain social distancing guidelines and keep at least 2 metres apart.
- Your nominated coach will be on hand to meet you at the usual meeting point. Make your way immediately to your coach with your bike and belongings and wait for the group to assemble keeping at least 2 metres apart.
- Riders will be escorted to their course and brought back to the arrival zone when finished.

During the coaching session

- Where a rider is under 11, parents or a member of the rider's household are encouraged to stay for the duration of the session, as they will be required in the event of any emergency. Coaches will perform first aid as applicable, wearing the appropriate PPE.
- There will be no specifically identified waiting area for parents, so you are encouraged to stay close at hand to your son/daughter's group, whilst maintaining social distancing from other parents.
- Hand sanitiser and wipes will be available for the coaches and support staff. However, if you happen to forget your own, then we invite you to use ours accordingly.
- All riders are encouraged to ride within their own limitations, both fitness and ability.
- Riders must always practice good respiratory hygiene (i.e. coughing or sneezing into tissue or crook of elbow).

- Masks or face coverings are currently not required under current government guidelines, if maintaining social distancing and is therefore a personal choice but we want to be sure if worn they must not restrict breathing during physical exercise.
- If removing items of clothing for any reason, it is the rider's responsibility to place them in their own bag or with their parents.
- Coaches will be able to assist riders, for example if their chain comes off, but every attempt to maintain social distancing will be made and touched surfaces will be wiped where applicable.

After the coaching session

- Riders should be picked up on time as we do not have the capacity to stay with riders whilst parents arrive.
- Riders should wash or sanitise their hands at the earliest opportunity and avoid touching their face.
- Riders and parents leaving a session must maintain social distancing.
- Any rider developing Covid-19 symptoms after the session must notify the club so that other riders and parents can be advised.

As part of signing your rider up to the session you have agreed to adhere to these guidelines. These simple rules will enable the club to return to the park and create a safe space for all our riders to enjoy being back on their bikes together.

We will continue to monitor government and British Cycling guidelines and will adapt these rules as necessary.

Further support

If you have any questions, then please email: ctwycchelp@gmail.com