

STIRLING BIKE CLUB

GROUP ROAD RIDING PROTOCOL : COVID-19

(Version : Final 7)

1. With the easing of Scottish Government pandemic restrictions, it seems a sensible time to review SBC's Covid-19 Group Road Riding Protocol.
2. Road Riding Group sizes have recently been increased back to our usual maximum of 16 riders, including the RRL, and that will be maintained. This may be reviewed from time to time subject to future levels and rates of Covid infection. For the '21-'22 session, the Club has re-appointed club member Jim Fisher as the Covid Co-ordinator all as required by Scottish Cycling.
3. Scottish Cycling's 'Key Steps' advice continues to say 'get the vaccine or the vaccine booster'. Even if you don't have symptoms, take regular Lateral Flow Tests and think carefully about unnecessary contact with other people especially pre and post group rides.
4. Riders are to be fit and healthy with no Covid symptoms. Riders must NOT attend a group ride if :
 - a. They have Covid-19 symptoms
 - b. Someone in their household has Covid-19 symptoms
 - c. They have been asked to self isolate at home by the Scottish Government's Test and Trace system
 - d. They have tested positive during the 14 days prior to the group ride.
5. 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>
6. Weekend Club Road Rides will assemble at the Peak, Stirling Sports Village. Previous directions on Dispersed Meeting locations are fully removed.
7. Only SBC RRLs to lead authorised Club rides. RRLs will post up the proposed Ride on the **SPOND** platform and to include date, time, route, average speed of the ride all in compliance with Development, Intermediate, Middle, Tempo group categories.
8. First **16** riders including 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.
9. There will continue to be no RRL Rota for the meantime; it is to be left entirely to the RRL's discretion as to whether they wish to take a ride.
10. All riders should bring a personal face covering with them during the ride for use for coffee stops and in the event of injury requiring attention from a first aider (who will also wear PPE).