

The Way Forward

Planning a safe return to sanctioned cycling activity and facility use



Introduction

In developing this guidance we have carefully balanced two key requirements – what is best for public health and wellbeing and what will keep the cycling community safe – with the desire to enable riders to resume regular activities. Please note that current government guidance on physical activity does differ between England, Scotland and Wales. You can find the most up-to-date guidance for riding in Scotland [here](#) and in Wales [here](#).

The following principles must be taken into account when planning for a staged return to sanctioned cycling activity and facility use.

- I. **Ensuring any activity can meet public health guidelines.** All activity should be led by Government guidance regarding health, travel, social distancing and hygiene.
- II. **Taking responsibility:** Activity providers, clubs, coaches, leaders, facility operators, owners, organisers and participants must consider safety first, particularly minimising the risk of infection/transmission and the risk of injury that places further pressure on the NHS. A thorough risk assessment should be undertaken, and appropriate measures put in place to ensure participants, staff and volunteers are protected and that participants ride within their ability. Participants need to take personal responsibility and recognise the impact of their actions on others – if in doubt, don't resume or take part in activity just yet.
- III. **Communicating clearly and consistently:** Activity providers, clubs, coaches, leaders, facility operators, owners and organisers will need to communicate clearly and regularly with members and participants setting out what they are doing to manage risk and what advice they are giving to individuals to do likewise.
- IV. **Retaining flexibility:** Any measures put in place to enable activity to return need to be capable of being flexed or changed quickly if more stringent movement and social distancing controls are reintroduced, if the restrictions are further relaxed or if further research supports modifying our approach.

The guidance is intended to provide a basis to work from; local circumstances will need to be considered in adapting the documents to suit the local environment. Our aim is to provide confidence to activity providers, clubs, coaches, leaders, facility operators, owners, organisers and participants that, by working through this guidance, the risks can be minimised and people should have the confidence that their safety and wellbeing is prioritised in a successful and practical return to activities for riders and volunteers.

We have mapped out six stages for the return to activity. This is very much an evolving process and currently it is only possible to create guidance for the here and now. There are however a number of factors that will influence the timing and activity in each of the six stages these are:

- I. **Group size threshold** – how many people can come together at any one time and under what conditions
- II. **Format of the activity** – what does it look like and how it can be delivered within the guidelines
- III. **Safety and hygiene controls** – what is required at each stage to safely manage the activity
- IV. **Additional controls** – what other controls need to be introduced to operate within the guidelines e.g. area specific travel restrictions

There are many other factors that need to be considered but the four highlighted above will be key in determining what activity can be reintroduced, when and under what conditions.

Further support

British Cycling will be providing additional support through a series of interactive webinars, FAQs and future guidance updates.

If you have any questions, then please email:

For coach, MTB leaders and instructors queries	education@britishcycling.org.uk
For club queries	go-ride@britishcycling.org.uk
For cycle sport events queries	events@britishcycling.org.uk
For ride leader or recreation programme queries	breeze@britishcycling.org.uk or rideleader@britishcycling.org
For facility management and use queries	Refer to the specific guidance
For insurance queries	incident@britishcycling.org.uk

We will be continually looking to add to this document so it is really important that you share your questions and experiences with us so that we can continue to build the knowledge in this area.

As highlighted throughout this document the current government guidance on physical activity does differ between England, Scotland and Wales. You can find the most up-to-date guidance for riding in Scotland [here](#) and in Wales [here](#).

Further information from the UK Government can be found [here](#).

Guidance for Wales and Scotland will be updated and communicated by Welsh Cycling and Scottish Cycling in due course. If you have any queries that are specific to Wales and Scotland please refer to the pages below.

Welsh Cycling	Main Covid information page Staff contacts
Scottish Cycling	Website Covid FAQs

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1. General Guidance

1.1 This update now allows for individuals and small groups (subject to limits outlined in this document) to safely cycle together, while undertaking recreational, informal cycling activity in an outdoor environment and in a traffic-free environment eg a dedicated cycling facility. Cyclists planning to ride on the public highway should only do so if social distancing is possible and careful consideration must be given to whether the activity is practical and safe before setting out.

1.2 Below is a summary of the current position for cycling activity in an outdoor environment:

1.2.1 For all activity, social distancing of at least two metres (or one metre plus mitigations) must be maintained at all times (except between members of the same household). For more information on one metre plus mitigations see Annex A of the Government guidance [here](#).

1.2.2 Cycling individually is permitted e.g. commuting, active travel or fitness/training activities

1.2.3 Cycling with people living in your household is permitted

1.2.4 Small group cycling activity, training or fitness in groups of no more than six is permitted. This can include small club and group rides keeping two metres (or one metre plus mitigations) apart at all times. We recognise this may present practical difficulties and risks so we recommend that in some environments it may be safer to ride in groups of fewer than six, and if you do ride in a group of six be sure that it is safe to do so and respect others on the road, trail or track

1.2.5 Cycling coaches can now undertake small group sessions of up to 30 people including the coach and they must comply with British Cycling coaching and safeguarding guidelines (as well as being able to conduct one-to-one coaching)

1.2.7 Ride Leaders will be able to resume organised led rides such as Breeze and Guided Rides from 4 July 2020. This is to allow Ride Leaders the opportunity to access some additional guidance and top tips with their return to leading rides. The exception is in Jersey where some led rides will resume from 18 June. Ride Social groups using the Ride Social platform will be able to resume activity in line with this guidance. More information can be found [here](#)

1.3 We advise all riders, clubs, groups, coaches and leaders to consider if the activity they are planning is possible within the guidelines. If you are not comfortable delivering or organising activity under the current conditions, for example if you feel social distancing is not possible or you would not like to administer first aid, please do not resume activity at this stage.

1.4 These guidelines cannot cover every eventuality and it is our collective responsibility to ensure appropriate measures are put in place to keep participants safe. Participating in cycling carries some degree of risk and while being mindful of the guidelines regarding COVID-19, participants should not lose sight of the normal safety considerations relating to participating and coaching in cycling which continue to apply and must be complied with, including DBS, safeguarding, First Aid, Highway Code etc.

1.5 The following guidelines have been created to help people to return to small group activity in a number of settings. They may be changed at any time to ensure compliance with government guidelines, learn more about the transmission of the virus and establish best practice examples.

1.6 Our facility guidance sits alongside this and can be found on our [website FAQs page](#).

1.7 Please note that current government guidance on physical activity does differ between England, Scotland and Wales. You can find the most up-to-date guidance for riding in Scotland [here](#) and in Wales [here](#).

2. General Club and Group rides and activities

2.1 Club activities

We advise all club activity organisers to consider if the activity they are planning is possible within this guidance, further relevant British Cycling guidelines as well as the most up to date government guidelines. If you are not comfortable delivering the activity under the current conditions, for example if you feel social distancing is not possible or you would not like to administer first aid, please do not resume activity at this stage.

2.2 Guidance for small group and club rides / training in open spaces

These guidelines currently apply to England and have been produced in line with the UK Government guidance on public spaces, outdoor activity and exercise published, which can be read [here](#). Please note that current government guidance on physical activity does differ between England, Scotland and Wales. You can find the most up-to-date guidance for riding in Scotland [here](#) and in Wales [here](#).

While many people will be keen to resume club and group activity it is imperative that all participants set an example and follow these guidelines to ensure that the risk of infection/transmission of the virus is minimised.

Strong hand hygiene should be practiced by all involved before, during and after all cycling activity

2.3 Before the activity

2.3.1 Participants must not attend a ride or session if they have Covid-19 symptoms, have someone in their household who does and are in the extremely vulnerable category or if they have been asked to remain at home by the UK Government track and trace system

2.3.2 Stay local, cycle to your activity where possible and avoid public transport if you can

2.3.3 Carefully consider the risks when planning your route, avoiding busy areas,

and consider how social distancing measures may impact on the activity as well as other road, track or trail users

2.3.4 Participants planning to attend a facility for a ride or session should check if it is open and what measures are in place to adhere to the government guidelines

2.3.5 Consider space needed for meeting points, coaching areas, planned stops and breaks to enable participants to follow social distancing guidelines while considering the practicalities of keeping safe

2.3.6 Where possible all bookings and consent forms to be completed online prior to the session or activity, where this is not possible clubs should write down the details of participants

2.3.7 Ensure all participants are aware of the safety guidelines of what is expected before, during and after the activity including what participants are expected to do to maintain compliance with social distancing guidelines and all other health, hygiene and safety guidelines

2.3.8 Do not exceed group size thresholds (maximum of six people for a group ride and 30 people including coaches for a coaching session)

2.4 During the activity

2.4.1 Participants must practice good respiratory hygiene during the activity (i.e. coughing, sneezing into a tissue or the crook of an elbow)

2.4.2 Ensure all those involved maintain social distancing

2.4.3 We recognise that in some environments social distancing may present practical difficulties and risks and it may be safer to ride in groups of fewer than six, and if you do ride in a group of six be sure that it is safe to do so and respect other users of the road or trail

2.4.4 Ensure all health and safety and emergency first aid guidelines are followed

2.4.5 Participants must provide their own equipment and refreshments if possible and avoid sharing the like of water bottles and food

2.4.6 Exercise within your personal physical and technical limitations to try and avoid additional burden on the NHS and the first aiders present

2.4.7 In line with government guidelines, masks or face coverings are not required if social distancing is maintained. At this stage using face masks or coverings is a personal choice but it should not restrict breathing

2.4.8 If a participant develops symptoms of Covid-19, they should stop taking part and be directed to follow the Government's 'test and trace' guidelines, which can be read on the Gov.uk website

2.5 After the activity

2.5.1 Participants should wash/sanitise their hands after the session

2.5.2 Participants leaving the activity must maintain social distancing

2.5.3 Any participant developing symptoms after a session should notify the organiser/leader or designated point of contact so that other members of the group can be advised and all should refer to the latest NHS advice

Further advice is available at the GOV.UK and Sport England websites. You must regularly check these sites and updated British Cycling guidance as this policy position is likely to change as time progresses. If you have any further questions, please contact the coaching team [here](#).

2.6 Indoor training/Roller sessions

For indoor training / roller sessions it is advisable to continue to encourage participation in these remotely on an individual basis, or with those within the same household, on indoor trainers, rollers and via Zwift or other online platforms. Individuals should not be invited into another person's household or garage to take part in a session of this type. Some additional resources around remote sessions are available through our talent development resources found [here](#).

2.7 Club Meetings

The current advice is to avoid face-to-face meetings. Where possible hold meetings on a digital platform with appropriate security functions. These can be used to host one-on-one and large group meetings.

2.8 Club Coaching Activity – please see specific [Coaching guidance](#) below.

2.9 Facility Guidance – this can be found [here](#).

2.10 Competition – a reminder that all sanctioned competition remains suspended during this period and this update does not permit any form of competition within or between clubs.

3. Sanctioned activity guidance for coaches and leaders

For the purposes of clarity we have used the term coach and coaching to refer to the coach, instructor and leader and the action of coaching, instructing and leading.

3.1 Overview

These guidelines have been produced in line with the UK Government guidance on the phased return of sport and recreation published on 17 July 2020, which can be read [here](#). Please note that current government guidance on physical activity does differ between England, Scotland and Wales.

While all coaches, leaders and participants will be extremely keen to resume activity, it is imperative that coaches and leaders set an example and follow these guidelines to ensure that the risk of infection/transmission of the virus is minimised. Specific guidance has been developed separately for the delivery of British Cycling courses and qualifications.

3.1.1 Participating and coaching or leading in cycling carries some degree of risk and while being mindful of the guidelines regarding COVID-19, coaches and leaders should not lose sight of the normal safety considerations which continue to apply and must be complied with, including DBS checks, safeguarding, First Aid, etc

3.1.2 Coaches and leaders should make themselves aware of and abide by, all guidelines set out by the UK Government and British Cycling regarding use of the outdoor environment and facilities

3.1.3 It is the coaches responsibility to ensure that they coach or lead participants in a safe environment and follow relevant guidelines

3.1.4 Coaching activity is permitted up to a maximum of 30 participants, including coaches per session. Coaches should ensure that the group size does not exceed the remit of their qualification, which can be found in the British Cycling Guidelines for Coaching Cycling [here](#) or Guidelines for Leading Rides [here](#)

3.1.5 These guidelines cannot cover every eventuality and coaches or leaders must conduct a risk assessment, ensuring appropriate measures are put in place to keep participants, coaches and others safe. A template for a Covid environment risk assessment to complement your existing activity risk assessment can be found [here](#).

3.1.6 We advise all coaches and leaders to consider if the activity they are planning is possible within the updated home country-government's physical activity guidance which can be found [here](#), as well as [British Cycling's Covid-19 Guidance](#). **If you are not comfortable delivering the activity under the current conditions, for example if you feel social distancing is not possible or you would not like to administer first aid, please do not resume activity at this stage**

3.1.7 Strong hand hygiene should be practiced by all involved before, during and after sessions

Guidance for Coaches

3.2. Coaching - Before a session

3.2.1 Coaches must not deliver a session if they have Covid-19 symptoms, if someone in their household does or they are in the extremely vulnerable category

3.2.2 Participants should be advised not to attend a session if they have Covid-19 symptoms or have someone in their household who does, or they are in the extremely vulnerable category

3.2.3 Stay local, cycle to your activity where you can and avoid public transport if you can

3.2.4 Coaches should conduct a full risk assessment of the venue or coaching environment in advance of the coaching session

3.2.5 Consider visiting session or ride locations or routes to evaluate changes that may have occurred through the Covid period, such as trail closures, overgrown trails or areas becoming busier, and to identify appropriate meeting and regrouping and meeting areas

3.2.6 Consider reducing risk of incidents and injury through careful planning and selection of location and technical demands of the activity

3.2.7 Develop protocols for managing pinch points such as narrow entrances and gates

3.2.8 For rides adhere to the guidance defined under Group Rides and Activities (Section 2 of this document)

3.2.9 Coaches should ensure they have access to hand sanitiser/alcohol wipes

3.2.10 Establish a suitable meeting location with a waiting area for parents or if appropriate request that parents drop off and pick up

3.2.11 Coaches should ensure all surfaces are clean and equipment is washed and dried completely prior to use

3.2.12 Coaching sessions should be booked and paid for in advance by bank transfer or contactless card payment – no cash transactions

3.2.13 Coach should explain the safety guidelines of what is expected before, during and after sessions, including what the participant is expected to do to maintain compliance with social distancing guidelines and all other health, hygiene and safety guidelines

3.2.14 Consider the equipment required, for example leaders may decide to replace a group shelter with individual bivvy bags for those involved

3.2.15 Do not exceed group size thresholds (maximum 30 participants, including coaches)

3.2.16 Coaches should ensure all participants maintain social distancing before and after the session

3.3 Coaching - During the session

3.3.1 Participants and coaches should wash or sanitise their hands as and when they feel it is appropriate during the session

3.3.2 Coaches and participants must practice good respiratory hygiene (i.e. coughing, sneezing into a tissue or the crook of an elbow)

3.3.3 Ensure all those involved maintain social distancing at 2m or 1m+ where mitigations such as avoidance of direct face to face contact are possible

3.3.4 Coaches should make sure parents and guardians drop off and pick up, or watch from a designated safe place where they can maintain social distancing

3.3.5 Ensure all standard operating, health and safety and all emergency first aid guidelines are followed

3.3.6 All equipment should be checked prior to use in line with standard

guidelines and where possible participants should check their own under the guidance of a coach, whilst maintaining social distancing and hygiene measures

3.3.7 Participants must provide their own equipment if possible, and this must be kept in a bag when not in use

3.3.8 Coaches are responsible for collecting all their own equipment e.g. cones - do not share equipment if possible

3.3.9 Participants are responsible for collecting all their own equipment and kit - do not share equipment if possible

3.3.10 Participants are responsible for ensuring they have their own refreshments, food and labelled drinks bottles, these must not be shared

3.3.11 Schedule sessions at least 15 minutes apart to avoid or limit any crossover of participants, parents and guardians

3.3.12 Exercise within your personal physical and technical limitations to try and avoid additional burden on the NHS and the first aiders present

3.3.13 Coaches can assist participants, e.g. if their chain comes off, and they need help, in doing so coaches should make every attempt to adhere to the social distancing guidelines to help the participant to resume activity and they may wish to use a face mask or covering in this instance

3.3.14 Where their qualification permits e.g. leaders, trailside maintenance can be undertaken where needed. As per equipment checks, they should maintain social distancing and strong hand hygiene applied before and after repair

3.3.15 As a general principle, riders should bring their own bikes and equipment wherever possible

3.3.16 Any shared or loaned equipment used during an activity should be cleaned before and after each session

3.3.17 If you are using public or shared toilets then you must follow the protocols set out by the operator and ensure social distancing and hygiene guidelines are adhered to

3.3.18 Coaches may still be required to administer first aid and should do so on a one-to-one basis (i.e. avoid groups gathering around), see section on First Aid below

3.3.19 If a participant develops symptoms of Covid-19, they should stop taking part and be directed to follow the Government's 'test and trace' guidelines, which can be read on the Gov.uk website

3.3.20 Parents/guardians should not congregate to watch. Any watching should be done while appropriately social distancing.

3.4 Coaching - After the session

3.4.1 Participants should disperse as quickly as possible while continuing to maintain social distancing

3.4.2 Participants and coaches should wash or sanitise their hands before and after the session

3.4.3 Participants and coaches leaving a session must maintain social distancing

3.4.4. British Cycling requests that all coaches notify participants if they develop symptoms after the session and all participants should notify the coach if they develop symptoms after the session so the group can be informed

Further advice is available at the GOV.UK and Sport England websites. You must regularly check these sites and updated British Cycling guidance as this policy position is likely to change as time progresses.

3.5 Facility Guidance – [this can be found here](#).

3.6 [Tips and advice handouts for coaches and leaders](#) have also been produced, which can be shared with participants before an activity so that everyone knows what to expect.

4. First Aid

4.1 First Aid Qualification cover

In line with current Health and Safety Executive (HSE) guidance, British Cycling have agreed that all first aid qualifications (which meet the current programme first aid remit) that have expired on or after 1st February 2020 have been granted a temporary extension until 30th September 2020. Once this date is reached a requalification is required.

For more specific information please see guidance from the Health and Safety Executive (HSE) site [here](#).

4.2 Please remember the following key principles:

4.2.1 In order to coach or lead your own session a valid first aid certificate is required with the exception of some certificates that have expired on or after 1st February 2020 where a temporary extension until 30th September 2020 is permitted (England only). At this point a requalification is required

4.2.2 A first aid kit up to your qualification remit must be carried by all coaches and leaders

4.2.3 Coaches and Leaders should wash their hands or use an alcohol gel before and after treating a casualty, wearing medical gloves (non-latex) when dealing with open wounds. It is preferable for Coaches and Leaders to wear a face mask/cover, eye protection and an apron or other suitable covering (such as waterproof clothing) if feasible and available. Your usual first aid kit should be on hand at all times.

4.3 The Government has provided [guidance for 'first responders'](#), including members of voluntary organisations who, as part of their normal roles, provide immediate assistance requiring close contact until further medical assistance arrives.

Likewise, guidance on delivering first aid during the coronavirus pandemic is available on the [St John Ambulance website](#).

4.4 Any coach or leader who does not hold a first aid certificate or has one which expired on or before the 31st Jan 2020 are unable to lead their own activities. However, they can assist on other activities until the required qualification is gained.

- Examples of first aid qualifications are:
- First Aid for Leading Rides
- 3 hour Emergency First Aid at Work
- 6 hour Emergency First Aid at Work
- Two-day Outdoor First Aid
- Public servant based First Aid qualifications

4.5 British Cycling strongly recommends leaders keep their first aid skills up to date through [British Red Cross online courses](#), [free apps](#) and reading advice available from [St John Ambulance](#) and the [Resuscitation Council](#).

4.6 Leaders should ensure they are up to date with CPR protocol (Resuscitation Council UK/MR advice). At the moment, this is no mouth to mouth (except for children) and chest compressions only while covering the mouth of the casualty.

<https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community>

<https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders>

Category	Status	Condition	Condition 2
I have a valid / in date first aid qualification that meets the current programme first aid remit (eg BRC First Aid for Leading Rides, Emergency First Aid at Work)	Can participate as coach or leader with immediate effect	Continue to keep your first aid skills up to date through British Red Cross online courses , free apps and reading the great advice out there from St John Ambulance and the Resuscitation Council .	N/A
I have a first aid qualification that meets the current programme first aid remit that has expired on or after 1st February 2020.	Can participate as coach or leader on expired qualification up to and including 30th September 2020	Continue to keep your first aid skills up to date through British Red Cross online courses , free apps and reading the great advice out there from St John Ambulance and the Resuscitation Council .	Coach or leader must requalify meeting first aid remit listed below, by 30th September 2020 to continue leading own rides. Otherwise continue to participate as assistant leader only. For first aid remits click here.
I previously held a first aid qual that meets the current programme first aid remit that has expired on or before 31st January 2020	Can participate as assistant coach or leader only	Coach or leader must requalify meeting first aid remit listed below, to start leading own rides. For first aid remits click here.	N/A
Volunteer does not hold a first aid qualification	Can participate as assistant coach and leader only	Coach or leader must achieve first aid qualification that meets first aid remit listed below, to start leading own rides. For first aid remits click here.	N/A

4.8 First Aid Equipment

Coaches and Leaders should wash their hands or use an alcohol gel before and after treating a casualty, wearing medical gloves (non-latex) when dealing with open wounds. It is preferable for Coaches and Leaders to wear a face mask/cover, eye protection and an apron or other suitable covering (such as waterproof clothing) if feasible and available. Your usual first aid kit should be on hand at all times.

5. Insurance

5.1 British Cycling provides insurance cover for Clubs, Coaches, Leaders and Riders with appropriate qualifications and membership. Further details can be found via the following links:

5.1.1 [Clubs](#)

5.1.2 [Coaches, Leaders & Instructors](#)

5.1.3 [Riders who are members of British Cycling](#)

Insurance cover continues to be in place during the Covid-19 pandemic, provided Government guidelines and British Cycling guidance are adhered to. Failure to follow these may invalidate your insurance.

6. Use of Equipment

6.1 As a general principle, riders should bring their own bikes and equipment wherever possible. Riders should be encouraged to wear appropriate safety equipment for the activity, recognising the need to minimise risk of injury.

6.2 Any shared or loaned equipment used during an activity should be cleaned before and after each session and no sharing of drinks bottles should be allowed, with riders asked to bring their own labelled drinks.

6.3 Other things to think about are inner tubes, money, pens, paper and other consumables. For example, if somebody turns up on the day of an activity, you should write details down for the participant so that there is no transfer of pens.

6.4. Gloves are not mandatory but as highlighted in the activity sections of this guide strong hand hygiene should be practised before, during and after the activity.

6.5 Coaches and Leaders should wash their hands or use an alcohol gel before and after treating a casualty, wearing medical gloves (non-latex) when dealing with open wounds. It is preferable for Coaches and Leaders to wear a face mask/cover, eye protection and an apron or other suitable covering (such as waterproof clothing) if feasible and available. Your usual first aid kit should be on hand at all times.

6.6 Hire Equipment - it is not recommended to share equipment (e.g. cycle, helmet, clothing etc.) any equipment that is shared must be thoroughly cleaned after each participant uses it in line with this guidance.

7. Risk management and assessment

7. Risk Management and Assessment

7.1 Ensuring that you have thought and accounted for any additional risks that may be present due to Covid-19 is an essential part of preparing for activity. As well as your usual approach to delivering activity you should consider and include the specific points below.

7.1.1 Ensure that prior to the resumption of activity all individuals concerned know of the risks and mitigating steps have been taken

7.1.2 Identify additional actions that need to be taken to enable any individuals with additional needs who need support with any impairments, to interact safely with the activity

7.1.3 Ensure the activity chosen minimises the injury and illness risk

7.1.4 Outline how equipment used for the activity will be suitably cleaned and disinfected to manage the possible transmission of Covid-19

7.1.5 Form an agreement with venues, where relevant on what steps need to be taken to ensure social distancing and appropriate hygiene measures are maintained

7.1.6 Outline the steps to determine maximum capacity levels for the various spaces in use with hosts or operators

7.1.7 Outline how any equipment/items that are shared at the venue will be cleaned/disinfected between each user

7.1.8 Ensure hygiene protocols and risk mitigation strategies are in place for the use of sports specific items that may be shared by those participating as well as between volunteers and coaches - these instances of equipment sharing, and interaction points, should be minimised or eliminated wherever possible

7.1.9 Ensure that appropriate social distancing and high standards of personal hygiene can be maintained whenever possible during the Stage Two training sessions including any pre and post training activity

To support this additional risk management, British Cycling has produced a template risk assessment to work from, this should be completed in addition to your activity specific risk assessments - you can view British Cycling's Covid 19 specific Risk Assessment document [here](#).

Please note that current government guidance on physical activity does differ between England, Scotland and Wales.

Return to Coaching

Advice and Tips

The challenge, on returning to Coaching, is to apply your coaching skills and expertise, under the British Cycling Guidelines, within the current government restrictions.

Below are some tips to help you get started.

The Coach

- Review Current British Cycling Coaching Guidelines, and plan how to apply these given the current government restrictions.
- With small group coaching now permitted, adaptations to coaching activities and how you provide feedback will be needed to ensure social distancing guidelines can be safely adhered to.

The Riders

- You must have no more than six people in a session including yourself.
- Sessions involving riders under-16 can take place, with appropriate Safeguarding measures, providing the total group size (coaches, riders and adults) does not exceed six people.
- Ask about frequency of riding during lockdown, as the riders may be out of practice.

Coaching Area

- When carrying out a risk assessment for the session try to think about how social distancing may impact on the delivery.
- For example:
 - Adaptations to the area
 - Think about how people will arrive and leave safely
 - Advice around using ancillary facilities
 - Digital or no-contact registration or sign in
 - Tape/chalk lines to help participants judge distance.

Delivering the Session

- Share some information in advance to build confidence among participants and to help it run smoothly.
- Be flexible in your delivery, e.g. build in more time for riders to complete an activity.
- During your session reinforce key messages around hygiene.
- Recognise and reduce chance of riders being close to each other, e.g. bunching up behind a slower rider, even though group riding was not a focus.
- Think about the flow of the activity, keep it fun and progressive whilst adhering to the guidelines.
- Avoid physical contact within and among the group.
- Keep it simple and most of all keep it fun!

Equipment

- Riders should bring their own bikes and equipment and ensure it is in good working order.
- Any loaned equipment used during an activity should be cleaned before and after each session.
- Riders to bring their own refreshments.

Return to Leading

Advice and Tips

The challenge, on returning to leading rides, is to apply your leading skills and expertise, under the British Cycling Guidelines, within the current government restrictions. In addition to the guidance on small group rides and coaching / leading of rides, there follow some tips to help you get started.

The Leader

- Review Current British Cycling Leadership Guidelines and Covid Guidance, and plan how to apply these given the current government restrictions. This should be undertaken regularly due to ongoing changes through the Covid-19 period.
- You continue to be covered under your British Cycling membership insurance; where you use different insurance, verify that your insurer is happy for you to restart activity and fulfil any requirements they may have.
- With small group rides now permitted, adaptations to the provision of led rides and how you communicate with riders will be needed to ensure Covid compliance and social distancing guidelines can be safely adhered to.

The Riders

- You must have no more than the maximum number of people permitted in line with government guidance in a session including yourself. This includes where two leaders (or one leader and an assistant) are present.
- Sessions involving riders under-16 can take place, with appropriate Safeguarding measures, providing the total group size (coaches, riders and adults) does not exceed the maximum number of people as defined by the current government guidance.

Prior to the activity

- Undertake appropriate risk assessments, operating procedures and emergency plans accordingly. You may wish to prepare a crib sheet to ensure all aspects are covered during the activity.
- Thoroughly plan rides. Consider undertaking the ride yourself in advance (pre-riding) to evaluate changes such as road/trail closures, pavement and layby changes, trail overgrowth, surface deterioration, narrow trails or cyclepaths, pinch points and gates and especially to consider how busy routes and meeting points are now. Think about how you will manage road junctions in a social distanced way. Also use this to verify the suitability of meeting and regroup points and to identify if any public conveniences are open.
- Allow for the additional time required to deliver the ride, accounting for the factors identified in your preparation. Rides may need to be shorter where public conveniences are not available.
- Share appropriate information in advance to build confidence among participants and to help it run smoothly. Be clear on the health requirements and the equipment participants should bring with them.
- Ask about frequency of riding during lockdown, as the riders may be out of practice.

Delivering the activity

- Set out markers (eg cones, chalk lines) to help define participant social distancing at locations used for a period of time eg ride start and stopping points.
- Undertake pre-ride equipment checks using a socially distanced and hygiene suitable system.
- Brief riders effectively reinforcing key messages around hygiene and social distancing and maintain this as required through the ride; avoid physical contact within the group.
- When briefing the group consider the prevailing wind direction and aim to position the group across the breeze.
- Consider your leader position within the group and anticipate early a requirement to move around the group as doing this whilst maintaining social distance in a spread out group is particularly challenging. Where uncertain, leading from the front may be a default position.

- Manage the group to ensure social distancing can be maintained especially around other users and pinch points such as gates and junctions.
- Be cognisant of changes to wildlife habitats and ensure responsible and considerate behaviours to other users, the environment and landowners.
- Think about the flow of the activity, keep it fun and progressive whilst adhering to the guidelines; provide opportunity for social interaction at stopping points as this will be more limited when riding due to social distancing.
- Keep it simple and most of all keep it fun!

Equipment

- Riders should bring their own bikes and equipment and ensure it is in good working order. Consider the requirement for sunglasses / safety glasses.
- Review the equipment you carry for rides in light of the guidelines. MTB Leaders will need to replace a group shelter with individual bivvy bags for each rider for example. All Leaders are likely to need several pairs of disposable gloves and/or hand gel for each ride.
- Any loaned equipment used during an activity should be cleaned before and after each session.
- Riders to bring their own hydration and nutrition, and not to share.
- Leaders should wash their hands or use an alcohol gel before and after treating a casualty, wearing medical gloves (non-latex) when dealing with open wounds. It is preferable for Coaches and Leaders to wear a face mask/cover, eye protection and an apron or other suitable covering (such as waterproof clothing) if feasible and available. Your usual first aid kit should be on hand at all times.