

Meridian Triathlon Club Return to Training

Group Rides

July 2020

In line with British Triathlon Federation (BTF) and Government guidance Clubs in England are required to provide a COVID SECURE Operation.

As a result, we have made the below changes to our group rides and administrative processes. Although it seems like a lot of new rules, we hope that we will maintain a relaxed and friendly environment in which to participate.

Please ensure you read and adhere to the following. Also, the club ride guidelines still apply, which can be found on the MTC website

<https://www.meridiantriclub.co.uk/training/ride-guidelines/>

1. Anyone considered 'clinically vulnerable' or shielding should not attend club rides.
2. Anyone feeling ill or showing signs or symptoms of Covid-19 should not attend club rides.
3. Anyone who has been tested positive for Covid-19 or living with someone who has Covid-19 should not participate.
4. All riders must register their attendance prior to attending the group ride. This ensures that sufficient number of group leaders can be organised.
5. Anyone feeling ill during the ride should inform another member of the group and drop out.
6. Under no circumstances should groups be larger than 6 people. We recommend group size be 4 people maximum to maintain social distancing and avoid long lines of cyclists.
7. Ideally groups should be organised before starting off from HQ but this may not be possible.
8. Group leaders should be assigned beforehand. In order to assist with future NHS test and trace, all group leaders should keep a list people in their respective group, including anyone dropping out because of illness.
9. By attending the group ride you are consenting to your details being shared, if required, with NHS test and trace.
10. Ideally routes/maps should be shared beforehand in case the group leader is forced to drop out.
11. If the group leader drops out the remaining cyclist should agree another group leader.
12. Social distancing must be observed at all times whilst riding.

13. In the event of punctures or other mechanical issues, sharing equipment or physical contact should be avoided.
14. Do not share food and drink.
15. Rest breaks must also observe social distancing rules.
16. Cyclists should carry hand sanitisers whilst on club rides.
17. Please be mindful of public perception - especially if you are wearing club kit.