



Cheltenham & County Cycling Club

Coronavirus Pandemic (Covid 19)

Dear Club Member

I wish on behalf of the Directors and your Committee, to just make you all aware of our guidance, we wish to pass on to club members concerning the current Covid 19 Pandemic.

We are monitoring developments closely and noting updates and advice given by the UK Government along with Cycling UK and British Cycling. The current UK Government advice, is that events like we offer, should continue and go ahead, with sensible precautions being taken by those who attend these events. We are however, continuing to monitor this developing situation both locally and nationally, and we will update this guidance with further necessary steps as we receive it.

Our decision making process is based on instructions from the UK Government and the guidance given by these Bodies, which our club is affiliated to. The safety and wellbeing of our members and the public, from all our actions, is of high importance to us.

We ask all our members to act responsibly and be mindful that your actions could affect others. Please could all members note and act on the following:

- If you feel unwell, have a persistent dry cough, breathing difficulties, feel lethargic, please DO NOT attend our events, and follow UK Government and the NHS guidelines.
- If you have recently been abroad and in particular from Countries now closing their borders from tourists, then please DO NOT attend our events. If you do attend, please declare it to the club officials and your group ride leader, but you must not attend if you were abroad within 14 Days from your return.
- When cycling please try and avoid spitting (I appreciate it is hard to do) or if you do, ensure no rider is near to you. If you cough, sneeze try and do it into a tissue and place the tissue in your pocket and dispose of it later in a bin.
- Where practical avoid physical contact and when you stop at the café, follow the owner's guidance notes if displayed and wash your hands regularly. Try and avoid touching your face before washing your hands first.
- Hopefully members attending our events will be fit and healthy but still we advise that you avoid physical contact and keep a suggested distance away from each other of around 2 metres, though in a double line group ride, we acknowledge you should be closer.
- In accordance with our current ride etiquette procedures please ensure you make yourself known to your ride leader and if you have any concerns regarding this matter please talk to them or other club official attending the cycling event.

In the meantime, please look after yourself and each other and follow the Government Guidelines about reducing the spread of this virus.

I provide below a number of helpful guidance links, that we ask you to read and follow. We as a responsible club, and we will keep monitoring this situation, but as individuals we all need to play our part in accordance with reputable guidance:



<https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

<https://www.cyclinguk.org/news/statement-about-coronavirus-and-advice-cycling-uk-groups-and-volunteers>

<https://www.britishcycling.org.uk/track/article/20200312-British-Cycling-Coronavirus-COVID19-Guidance-0>

As for some further updates, we have received feedback from our 3 coaches booked to run our forthcoming male and female coaching events (being organized by Sally Reid), to commence from the 21st April to the 14th July, which unfortunately has had to be postponed, due to their concern regarding the Covid 19 spread at that time. Hopefully this event will be re-scheduled and further announcements will be made in due course.

In respect of the forthcoming club TT Series, planned to commence on the 9th April, this is currently going ahead, though again we are following national guidance and that from Cycling Time Trials (CTT). Sensible provisions have been made at Teddington village hall (being used as our HQ), in respect to hygiene and following guidance they have received from Tewkesbury Borough Council. Further announcements will be made nearer the time of the event.

We acknowledge that these are all annoying requests, but by all working together and being cooperative and thoughtful towards each other, we can collectively make the most of a bad situation.

Stay safe.

Regards

Gary Rickards

Club Secretary