

DTCC Guidance for cycling rides

1. You must sign up for a ride on SPOND App before you can attend a ride.
2. You can only ride if you are paid-up member of the club.
3. You should arrive 15 minutes before a ride to be briefed and be split into groups, keeping social distancing. Cycle to the ride if possible. Do not share cars with group riders outside your household. Avoid public transport if you can.
4. Please maintain social distancing of 2 metres before and after the ride. Social distancing is suspended for the duration of the ride.
5. There will be no coffee stops.
6. The Club's current policy is 8 maximum per group.
7. If you or any in your household have any symptoms of COVID-19 or have been asked to self-isolate or are returning from a country which is not on the exemption from quarantine list in the last 14 days, you must not attend a ride. Symptoms include:
 - a. Persistent cough
 - b. Fever or high temperature
 - c. Loss of smell or taste
8. You must wash hands and your handlebars before and after the ride.
9. You are required to bring enough of your own food and drinks, all necessary repair kits and a face mask and not share these.
10. You must practice good respiratory hygiene during the ride.
11. If you become unwell during the ride, please stop taking part, return home.
12. If you develop symptoms at or days after the ride you must follow the Government's Test and Protect guideline: isolate and book a Test.
13. All participants are informed that it is not the responsibility of the Club to inform participants if someone has tested positive for Covid-19. This will be done by the NHS Scotland Test & Protect team. The Club must observe an individual's right to privacy.
14. Participants are informed the role of the Club's Covid Coordinator is to ensure all guidance are implemented in the Club, and to liaise with other instances. The Covid Coordinator will be expected to pass on contact details of all participant should they be asked by a member of the NHS Scotland Test & Protect team. The Club has also named Return to Sport Officers to assist you for your own welfare.

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GDPR Statement

Data protection laws allow for the sharing of personal data where this is necessary for certain permitted purposes, such as in the interests of public health. Disclosing relevant contact details to a member of the 'Test and Protect' team will not be a breach of the GDPR. At a minimum, NHS Test & Protect request that this includes the name of each member, a contact telephone number, and the date/time of the session.

Version: rev.2 valid as of 4 Sep 2020

Change to previous: rephrase item 3. Add "face" item 9.

These guidelines were prepared and validated by the DTCC Covid Coordinators team in compliance with Scottish Cycling guidance v. 24 August 2020

<https://www.britishcycling.org.uk/scotland/article/20200313-Scottish-Cycling-Coronavirus-COVID19-Guidance-0>

Document can be superseded at any time.

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