

### **Cycling For Health Covid 19 Guidance from 14<sup>th</sup> April 2021**

- Due to COVID-19, everyone needs to take steps to stay safe. Please follow all safety advice given by the leader, and keep 2 metres distance from anyone outside your household or social bubble.
- To avoid busy periods in our local open spaces we will be starting at 9.30am until further restrictions are eased in the wider community and it becomes safe to do so.
- Rides will be available to book from Monday at 10am to Tuesday 4pm. We currently are not offering hire bikes or helmets but hope to do so in the future
- Booking your place. If you would like to join a ride, please book a place online at <https://eppingforestdc.bookinglive.com/> or call 01992 564226 (phone lines open 10am to 4pm Monday to Friday not including Bank Holidays)

<b>Cut off for booking your Ride *</b>	<b>Ride day</b>
Tuesday 4pm	Wednesday

- There will be 12 spaces on each ride until the guidance changes.
- If you are unable to attend, please cancel your booking so that someone else can take your place. You can leave a message on 01992 564360 leaving your full name and the ride details that you wish to cancel: date.
- Please do not turn up for a ride without booking as we will have to turn you away.
- Please be aware rides may be cancelled at short notice. All pre booked cyclists will be informed.
- We recommend that cyclist travel separately and ideally don't use public transport.
- You MUST NOT attend a ride if you are unwell or have any Covid-19 symptoms. Symptoms include a high temperature, a new continuous cough and the loss, or a change to your sense of smell or taste. Find out more about COVID-19, and what you should do if you have symptoms on the NHS website
- If you are unable to attend a session due to the above then please inform us and the session will be credited to use within a one-month period
- If you (or someone you live with) are at higher risk of getting seriously ill from coronavirus, you should take extra care to minimise contact with others from outside your household. Taking part in an organised walk may put you and those around you at higher risk. It may not be the right decision at this time. Remember – everyone over 70, and those with certain underlying health conditions are considered to be 'clinically vulnerable'. You can find more information on the NHS website
- Cycling is a great activity that can help you get active and improve your health without high costs or high intensity activity that can leave you aching or fatigued. Furthermore, cycling is a very low impact activity so it can also be enjoyed by absolutely everyone.