As club activity restarts with the relaxation of restrictions around COVID-19 we are required to comply with Scottish Government, Sports Scotland and Scottish Cycling Guidelines. his document is “live” and will be updated as and when required by changing guidelines issued by Scottish Cycling. This document sets out how LCC members can help us meet our obligations.

* Group rides now need to take place with no more than 9 riders and social distancing of 2m needs to be observed at all points before, during and after rides. We will still need to comply with the physical distancing of 2m before and after the ride (also applies during any scheduled stops) and the COVID Co-Ordinator or ride leader will ensure this happens.
* Due to the new Scottish Government and Scottish Cycling guidelines all Road rides have been suspended from 00:01 on Saturday 10 October 2020 until midnight on Sunday 25 October 2020. These dates will be reviewed following update to guidance. Gravel rides will continue but following the new guidance of no more than 9 riders per group and always maintaining a 2m distance
* Group cycling activity, training, and club rides, will take place in groups of no more than 9 as per guidelines , from an unlimited number of households. It will be necessary to book a place in the group you are wanting to ride with via <https://www.livingstoncyclingclub.co.uk/booking>. Once you have started a ride with a group or “bubble” you will not be allowed to change groups. Please consider carefully what group you are planning to ride with.
* Where numbers allow and riders are agreeable groups may amalgamate to form joint groups (still less than 9 riders). This will be no different from pre COVID when two smaller groups formed one larger group. Ride speeds will still be observed.
* When booking onto a ride, LCC will record your contact details which will be passed on to NHS Scotland Test & Protect Team if required. Please see LCC COVID 19 Test & Protect Policy for full details.
* If you book onto a ride and then do not turn up, your details will remain on our register and will be passed onto NHS Scotland Test & Protect if requested.
* Club members must not attend a ride if:
  + They have Covid-19 symptoms
  + Someone in their household has Covid-19 symptoms
  + If they have been asked to self-isolate at home by the Scottish Government Test & Protect system
  + They have returned from a country which is not on the exemption from quarantine list in the last 14 days
* If a rider develops symptoms of Covid-19 during a group ride, they must stop riding in the group, return home and follow the Scottish Government’s ‘Test and Protect’ guidelines. Please be considerate to all other riders in your group.
* All riders must practice good respiratory hygiene (i.e. coughing, sneezing into a tissue or the crook of an elbow) and no spitting.
* All riders should bring their maintenance/repair equipment, ensure it is in good working order and that they know how to use it. The sharing of any equipment should be minimised, but where it is necessary any shared or loaned equipment should be cleaned before and after use. If you don’t know how to change a puncture now would be a good time to learn.
* Riders should bring a personal face mask for their use in the event of a scheduled stop and other needs which may arise during the course of the ride.
* All riders should bring their enough food, drink and energy products for the ride. These should be not be shared.
* There will be no facilities at either the start or end of the rides for use of riders, so please make sure that you use the toilet before you leave the house.
* This is a “live document” and will be updated and amended in line with guidelines from Scottish Government, Sport Scotland, and Scottish Cycling. It is the responsibility of all riders to ensure that they keep up to date on current information.
* Remember, it is everyone’s responsibility to adhere to the Scottish Government guidelines on the COVID-19 pandemic ([www.gov.scot/coronavirus](http://www.gov.scot/coronavirus)).

