

# Guidance for HIBC ride coordinators during the Covid19 situation



Thanks for being a ride coordinator – it’s really appreciated.

Here is what you need to do:

- Plan a ride; ridewithgps is our usual route planner
- Post it on the HIBC Facebook page together with the planned average speed, a meeting time (usually 08:30) and a meeting point on the Village Green. We want to avoid all gathering at the pump.
- Turn up on time to lead the ride & give a pre-ride briefing using the crib sheet below. Being coordinator doesn’t mean you have to ride on the front.
- Carry a small bottle of hand sanitizer for use if the group has to carry out repairs.
- Be a contact point afterwards in case anyone on the ride develops Covid19 symptoms. If they do, pass this info onto the committee.

And here is the crib sheet for the pre-ride briefing. Its as easy as 6COBA.

<b>6</b>	<b>No more than 6</b>	6 is the strict limit on any ride at the moment. If there are any more, then we need to split into two groups.....now.
<b>C</b>	<b>Covid19 symptoms?</b>	You can't ride: if you or anyone in your bubble has Covid19 symptoms. if you're feeling ill. Especially if you have a fever, cough, or can't smell or taste if you're living with a vulnerable person or have been asked to self-isolate.
<b>O</b>	<b>On the ride</b>	We'll keep our distance. The current rule in England for group cycling outside is to be a minimum of 1m apart. This applies within the group and when we pass others (cyclists, pedestrians, horse riders). We can agree as a group if we want to be more separated and also if we want to ride two abreast, at least 1m apart, or single file, when 2m apart is easier. No sharing of water bottles or food. Ride within your limits and if you develop Covid19 symptoms then drop out.....but let the ride leader know first. Take a mask if you're likely to visit a shop or café.
<b>B</b>	<b>Breathing</b>	We all have to breathe, and its likely we'll all cough and sneeze once we're on the road. But keep those flying fluids away from everyone else. Make full use of your sleeve, elbow, gloves, and tissues.
<b>A</b>	<b>Afterwards</b>	After the ride continue to keep your distance, so no handshakes or hugs. Wash your hands when you get home.....or better still have a shower. If you develop Covid19 symptoms in the next few days, let your ride leader know. Refer to NHS advice and get tested.