



## Scottish Cycling | The Way Forward

### Guidance for Clubs and Activity

This document provides guidance for the return of club activity and general cycling activity, including Ride Social. The club committee or venue operator should ensure all appropriate management processes are in place so that they can effectively oversee and maintain the implementation of measures outlined within this document.

#### Overall Considerations

The safety of all activity should be the primary consideration and activity should only return when a club or activity provider is confident it is able to manage activity appropriately, particularly focusing on minimising the risk of infection/transmission.

Appropriate measures must be put in place to ensure participants, staff and volunteers are always protected. It is the responsibility of each venue operator, club committee and deliverer to undertake documented risk assessment, based on their local circumstances, prior to activity taking place. [See Guidance for Risk Management](#) and [Guidance for Facilities](#)

#### Facilities and Venues

Clubs and participants should be aware that the easing of restrictions does not mean that all facilities/venues will open immediately. Owners and operators will require time to consider all the implications of opening facilities/venues and put plans in place to re-engage staff and to set up operations that ensure the safety of participants, staff and volunteers. This is a difficult time for everyone so please be patient.

Indoor venues are permitted to open from 31 August. Venue operators are advised to take time to ensure they reopen safely. [See Guidance for Facilities](#).

Indoor and outdoor hospitality, including club houses which provide catering and bar services, can reopen providing they adhere to Scottish Government guidance. Further information is available at [Scottish Government: Tourism and Hospitality Guidance](#).

Club committees, venue operators and deliverers should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.

At all times clubs, venue operators and deliverers should adhere to the Scottish Government's physical distancing guidelines in force at the time.

#### Returning to Activity

We advise the continued use of digital platforms to continue to interact as a club. Holding club meetings, running physical and education activities etc for members via this method is encouraged. For further information and support conducting activities over digital platforms please click [here](#).

While many people will be keen to resume club / group activity it is imperative that all participants set an example and follow these guidelines to ensure that the risk of infection/transmission of the virus is minimised.

Strong hand hygiene should be practiced by all involved before, during and after all cycling activity.



### **Ride Social and Activity outwith the Club Environment**

Any activity which is not delivered as part of a club or is not delivered by a qualified Coach or Leader is not overseen by a Covid-19 Coordinator. As such, this activity must comply with the default limit of a maximum of 15 participants from 5 households.

### **Indoor training/roller sessions**

We advise continued participation in these remotely on an individual basis, or with those within the same household, including the use of Zwift or other online platforms. No club or group indoor roller or training sessions should take place this time.

## **Club and group rides / training in open spaces**

### **Adults (over 18)**

- Club activity for adults aged 18 and over can return in open spaces, adhering to the following guidelines:
- A Covid Coordinator must be appointed for every club and must oversee the arrangements for all club activity, including club runs. See [Guidance for Covid-19 Coordinators](#) and [Test and Protect Protocols](#).
- Club rides can take place with up to 30 people from unlimited households.
- Club coaching sessions and led rides can now take place for groups of no more 30, from an unlimited number of households. See [Guidance for Coaching and Leading](#).
- Physical distancing is suspended for the duration of all club activity. Physical distancing must be maintained before and after the club activity.

### **Young People (17 and Under)**

- A Covid-19 Coordinator must be appointed for every club and must oversee the arrangements for all club activity. See [Guidance for Covid-19 Coordinators](#) and [Test and Protect Protocols](#).
- Club coaching sessions can take place with unlimited numbers and no physical distancing however coaches must physically distance from participants. See [Guidance for Coaching and Leading](#).
- Coaches and other adults supporting organised activity should maintain physical distancing where possible, but it is recognised that this will not always be possible. In such circumstances the club Covid-19 Coordinator should consider appropriate mitigating actions as part of the risk assessment. See [Guidance for Covid-19 Coordinators](#) and [Guidance for Risk Management](#).
- Physical distancing is not required during club activity.
- Participants aged 12 and over should maintain physical distancing before and after the activity.
- Participants aged 11 and under are not required to physically distance.
- Parents/guardians who are supervising their children should maintain physical distancing guidance and stay at least 2m away from those out with their own household.
- Groups of parents from different households should not congregate before, during or after the activity.

### **Before the activity**

We advise all club activity organisers to consider if the activity they are planning is possible within this guidance, further relevant Scottish Cycling guidelines as well as the most up to date government guidelines. If you are not comfortable delivering the activity under the current conditions please do



not resume activity at this stage

Participants must not attend a ride or session 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 and Protect system](#)
- They have returned from a country which is not on the [exemption](#) from quarantine list in the last 14 days

**The following guidelines should be considered before activity for all age groups:**

- Cycle to your activity where possible and avoid public transport if you can.
- Consider the risks when planning your route, avoiding busy areas, as well as considering other road, track, or trail users. See [Guidance for Risk Management](#).
- Consider space needed for meeting points, planned stops and breaks.
- Where possible all bookings and consent forms to be completed online prior to the session or activity, where this is not possible clubs should write down the details of participants.
- All booking fees or payments should be contactless e.g. paid for in advance by bank transfer or contactless card payment – no cash transactions.
- All participants should be aware of the safety guidelines of what is expected before, during and after the activity including what participants are expected to do to maintain compliance with physical distancing guidelines and all other health, hygiene and safety guidelines. See [Guidance for Risk Management](#).
- Do not exceed group size for coaching ratios. See [Guidance for Coaching and Leading](#).

**During the activity**

- The following guidelines should be considered during the activity for all age groups:
- Participants must practice good respiratory hygiene during the activity (i.e. coughing, sneezing into a tissue or the crook of an elbow)
- Participants must provide their own equipment and refreshments and should avoid sharing the likes of tools, water bottles and food. See [Guidance for Equipment](#).
- Avoid high intensity physical exercise and activities containing a high level of risk, where possible, to reduce the burden on the NHS.
- Face coverings are optional during activity, but riders should bring a personal face mask for their use in the event of injury requiring attention from a first aider (who will also wear PPE). See [Guidance for First Aid](#).

**If a participant develops symptoms of Covid-19, they should stop taking part, return home and follow the Government's 'Test and Protect' guidelines, which can be read on [GOV.SCOT](#). See [Test and Protect Protocols](#)**

**After the activity**

- The following guidelines should be considered after the activity for all age groups:
- Participants should wash/sanitise their hands after completing their ride or session
- With the exception of those aged 11 and under, all participants leaving the activity must maintain physical distancing.
- Any participant developing symptoms after a session should immediately isolate and request a test straight away. See [Test and Protect Protocols](#)
- Clubs are reminded that the guidance in place for wider society takes effect immediately following the completion of club activities. Therefore, meet-ups in cafés or other similar



establishments at this time is not encouraged, unless the wider societal guidance can be strictly adhered to (15 people from 5 households outdoors, 8 people from 3 households indoors)

Further advice is available at [GOV.SCOT](https://www.gov.scot) and [sportscotland](https://www.sportscotland.gov.uk) websites. You must regularly check these sites and updated Scottish Cycling guidance as this policy position is likely to change as time progresses.