

2020 Risk assessment for group rides during coronavirus pandemic

Organisation: CTC Cambridge (part of Cycling UK)

<https://ctccambridge.org.uk/>

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Updated by Rupert Goodings, Runs Secretary for CTC Cambridge

Date of initial assessment: 15 June 2020;

Updated: 22 June, 23 June, 27 June, 28 July, 31 Aug, 12 Sept (v9).

Review due: October 2020

Useful information

Key coronavirus symptoms: a new continuous cough, fever, or change in sense of smell or taste (anosmia)

Government Advice: <https://www.gov.uk/coronavirus>

NHS Information and testing: <https://www.nhs.uk/conditions/coronavirus-covid-19/> or phone 111 for advice or phone 119 for a test.

Coronavirus advice for first aiders: <https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>

Coronavirus and CPR advice: <https://www.sja.org.uk/get-advice/first-aid-advice/unresponsive-casualty/how-to-do-cpr-on-an-adult/>

Contact details:

Peter Wilson, Welfare officer: [Email to Welfare Officer](mailto:Peter.Wilson@ctccambridge.org.uk) or 07760 324125.

Contact the Club Secretary if you are unable to contact the Welfare Officer.

John Seton, Club Secretary: [Email to Club Secretary](mailto:John.Seton@ctccambridge.org.uk) or 07447 010628.

Rupert Goodings, Runs secretary: [Email to Runs Secretary](mailto:Rupert.Goodings@ctccambridge.org.uk) or 01223 851549.

Purpose of risk assessment: To identify risks posed by the coronavirus pandemic which may affect club cycle rides.

Risk	What could happen?	Who is at risk?	Action taken to minimise risk
1. Transmission of coronavirus between riders: what we can do to prevent in advance.	Riders contract coronavirus	All on ride	<p>Before ride, runs secretary asks riders and ride leader:</p> <ul style="list-style-type: none"> • Not to attend if showing symptoms before ride. • Err on side of caution and don't join group ride if in doubt. <p>If ride leader begins to show symptoms shortly before ride, ride leader:</p> <ul style="list-style-type: none"> • Cancels the ride and contacts any booked riders to notify them of cancellation. • Contact runs secretary to cancel the ride (runs secretary will update the website). • Send runs secretary photo of registration form. • Runs secretary may try to arrange a new leader, but default is to cancel.
2. Rider begins to show symptoms during a ride.	Above symptoms observed in rider.	All on ride	<p>If rider shows symptoms during the ride, ride leader:</p> <ul style="list-style-type: none"> • Sensitive asks about above symptoms.

			<ul style="list-style-type: none"> • If coronavirus seems at all likely, ask rider to return home, reminding that they must keep a distance of 2 metres away from other people and that they must report to NHS as soon as possible. • On ending the ride, the leader should report to welfare officer (copy runs secretary) <p>The following day, the welfare officer should:</p> <ul style="list-style-type: none"> • Phone rider with suspected symptoms to ask about health and if they have requested a test. • If they haven't requested a test yet, ask them to do so. • If they have requested a test, ask rider to contact welfare officer with test result as soon as possible. • No further action if test result is negative. See item 4 if a positive test is reported. <p>If no news 13 days later, welfare officer to contact rider again.</p>
3. Ride leader begins to show symptoms during a ride.	Above symptoms observed in ride leader.	All on ride	<p>Ride leader should:</p> <ul style="list-style-type: none"> • Appoint another rider to take over ride leader role. • Return home immediately, keeping a distance of 2 metres away from other people. • Report to NHS as soon as possible. • Report to welfare officer (copy runs secretary) as soon as possible. • When test result received, contact welfare officer. • No further action if test result is negative. See item 4 if a positive test is reported. <p>If the other riders are unable to continue the ride without the leader, they should return home by a direct route (e.g. reverse the outward route) staying together as a group.</p>
4. Rider or ride leader attends a ride, then develops symptoms or receives a positive test result within following 14 days.	Riders may need to isolate	All on ride and their households	<p>Before ride, ride leader briefs all riders on their responsibilities in the event of a positive test:</p> <ul style="list-style-type: none"> • If anyone comes on a ride and then develops symptoms, they should follow the government guidelines and stay at home and arrange to have a test. <p>If a rider reports symptoms or reports a positive test result to the leader or to the welfare officer:</p> <ul style="list-style-type: none"> • The leader should pass the report to the welfare officer and should also ask the rider to contact the welfare officer directly. • Riders are not obliged to report to the leader or the welfare officer, but the following actions should be taken if they do choose to make a report within 14 days. <p>If symptoms are reported, the welfare officer should:</p> <ul style="list-style-type: none"> • Phone rider with suspected symptoms to ask about health and if they have requested a test. • If they haven't requested a test yet, ask them to do so. • If they have requested a test, ask rider to contact welfare officer with test result as soon as possible. • No further action if test result is negative. See below if a positive test is reported. <p>If no news 13 days later, welfare officer to contact rider again.</p> <p>If a positive test result is reported, welfare officer contacts all relevant riders:</p>

			<ul style="list-style-type: none"> • This not required by Government guidelines, but is recommended as good club policy. • Welfare officer informs the reporting person that the welfare officer will now contact the other riders – this to avoid possible duplication. • Contact the leader or the membership officer to get the list of riders. • Sensitively inform them that a rider has received a positive test result, mentioning no names if at all possible. • Inform them that if they begin to show above symptoms, they must: <ul style="list-style-type: none"> - Report to NHS as soon as possible, and follow instructions. - Self-isolate immediately and then as instructed by NHS.
5. Transmission of coronavirus during ride: physical distancing issues	Riders contract coronavirus	All on ride	<p>Runs secretary informs riders of basic rules for joining a ride:</p> <ul style="list-style-type: none"> • Following Cycling UK guidance, places limited on the ride to Cycling UK limits or lower. • Excess riders turned away if too many turn up. Alternatively, places are booked in advance. • Keep 2 metre spacing at all times, on and off the bike. • Remind riders to bring a mask if required for any planned café or take-away stops. <p>Ride leader organises any café stops and informs riders of café rules</p> <ul style="list-style-type: none"> • Leader to pre-book any café stops for the total number of expected riders to confirm that café can accept the planned number of people.. • Leader to inform all riders of café rules and government guidelines and try to ensure that all riders fully comply with those rules. • Leader to report any riders who persistently refuse to comply to welfare officer (copy runs secretary) as soon as possible after the ride. <p>Before ride, ride leader briefs all riders on social distancing rules</p>
6. Transmission of coronavirus during ride: mechanical issues	Riders contract coronavirus	All on ride	<p>If someone has a mechanical issue during ride:</p> <ul style="list-style-type: none"> • Ride leader stops ride in a location that is safely away from passing vehicles and allows 2m between riders. <p>If rider needs assistance, ride leader:</p> <ul style="list-style-type: none"> • Ask rider to put bike or parts down and step back, so that another rider can sort bike as appropriate. • Remind others that the virus may be transmitted on hard surfaces; riders might use alcohol hand gel if they have any.
7. Transmission of coronavirus during ride: first aid issues	Riders contract coronavirus	All on ride	<p>Before ride, ride leader should:</p> <ul style="list-style-type: none"> • Read general coronavirus guidance on St John's Ambulance site: https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/ • Read coronavirus CPR guidance on St John's Ambulance site: https://www.sja.org.uk/get-advice/first-aid-advice/unresponsive-casualty/how-to-do-cpr-on-an-adult/ • Consider packing disposable gloves, alcohol gel and a cloth (e.g., a buff) to use as face mask.

			If someone has a first aid issue during ride, ride leader should:
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- Stop ride in a location that is safely away from passing vehicles and allows 2 metres between riders.
- Attend to first aid or appoint another to do so as required, bearing in mind guidance as above.