

Risk assessment for group rides during coronavirus pandemic **v10**

(changes shown in yellow)

<p>Organisation: CTC Cambridge (part of Cycling UK) https://ctccambridge.org.uk/ Drafted by Yasmin Emerson, Treasurer for CTC Cambridge Updated by Rupert Goodings, Runs Secretary for CTC Cambridge</p>	<p>Date of initial assessment: 15 June 2020; Updated: 22 June, 23 June, 27 June, 28 July, 31 Aug, 12 Sept, 27 Mar 2021 Review due: As necessary dependent on guidelines from Government / Cycling UK</p>
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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: <https://www.nhs.uk/conditions/coronavirus-covid-19/> or phone 111.
NHS Coronavirus testing: <https://www.gov.uk/get-coronavirus-test> or phone 119. Tests need to be done in first 8 days of having symptoms.
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
<p>1. Transmission of coronavirus between riders: what we can do to prevent in advance.</p>	<p>Riders contract coronavirus</p>	<p>All on ride</p>	<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, or if positive test result received within previous 10 days. • 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.

<p>2. Rider begins to show symptoms during a ride.</p>	<p>Above symptoms observed in rider.</p>	<p>All on ride</p>	<p>If rider shows symptoms during the ride, ride leader:</p> <ul style="list-style-type: none"> • Sensitively asks about above symptoms. • 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 7 days later, welfare officer to contact rider again.</p>
<p>3. Ride leader begins to show symptoms during a ride.</p>	<p>Above symptoms observed in ride leader.</p>	<p>All on ride</p>	<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>
<p>4. Rider or ride leader attends a ride, then develops symptoms or receives a positive test result within following 7 days.</p>	<p>Riders may need to isolate</p>	<p>All on ride and their households</p>	<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 chose to make a report within 7 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 7 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.