

EcoLocal Inclusive Cycling

Coronavirus Covid-19 Code of Conduct for participants

We need you to be safe and keep others safe at the cycling, so please read these rules carefully and let us know that you agree to them.

ILLNESS: Do not attend sessions if you or the person you care for has coronavirus symptoms (fever or continuous cough) or have had symptoms in the last 14 days. Those in vulnerable groups should follow government advice.

SPACE: You must maintain a distance of at least 2 metres (6 foot) between you and anybody else at the cycling sessions unless they are in your household or 'bubble'.

Please follow the Leisure Centre one way system.

If there are too many people at the session we will ask you to wait before entering the cycling area. Groups will be asked to book ahead.

FACE: If our cycle instructors need to assist you/the person you care for to mount or adjust a cycle they will wear a mask, visor and gloves. We would ask that you /the person you care for also wears a mask at this point if they are able to do so.

HANDS: Clean your hands with sanitiser when you arrive. We will provide hand sanitiser but we would ask you to bring your own if possible

PAYMENT: Our preferred payment method is by contactless card. If you have to pay by cash please bring EXACT cash only. Change will not be provided. Please ensure you have the exact amount of cash before you arrive.

HELMETS: We will NOT be lending cycle helmets. If you want to wear a cycle helmet you must bring your own. Please let us know if this is a problem for you.

SANITISING BIKES: All cycles will be sanitised by our staff/volunteers at the beginning of every session and after each participant dismounts. Please ensure you/the person you care for gets off their bike in the designated track exit area so that it can be sanitised. Do not get on bikes unless they are in the 'Clean Bike Area'.

FOOD AND DRINK: You may bring your own drinks but keep it away from other people and shared surfaces at all times. If you need to eat during the session please do so away from our cycles. Do not share your food or drink.

RUBBISH: All used gloves, masks, food/drinks container and other rubbish must be disposed of in Leisure centre bins or taken home.