

# RISK ASSESSMENT CYCLING GROUP PERSONAL CHECK LIST

Preston and District



**Please note you cycle at your own risk. The ride leader and Preston and District U3A accept no liability for you.**

**You should carry emergency contact details with you.**

- A) **All potential riders should review their own health, fitness** and circumstances and refer to current Government guidance for different risk categories in Covid19 and what measures are recommended for people over 70 and/or with various medical conditions.
- B) Consider the health risk category of anyone else you are isolating with in your household.
- C) Members who are shielding, members who live in households with vulnerable people, members who have health conditions should consider carefully whether the ride is appropriate for them. Members who have any symptoms of Covid-19 or live in a household where another person has symptoms of Covid-19 should not join the ride.
- D) There is no shared equipment on the rides. Members will bring their own food and drinks. If there are any schedule stops that include food and drink sales, they will be included in the published ride description. Members will be required to bring their own hand sanitisers and to use them as necessary.
- E) Current Government regulations and advice permit groups of up to six people from different households to meet outside with social distancing. We will limit each ride to six members, including the ride leader, and emphasize, in advance of the ride and at the start of the ride the importance of maintaining social distancing during the ride. The purpose of the ride is predominantly exercise, which is a permissible out-of-door activity. There will be a booking system where members can sign up for the rides. No one who has not booked will be allowed to join a ride.
- F) Rides are 'recced' in advance by ride leaders. Narrow paths will be avoided where possible
- G) Car sharing will not be allowed except by members of the same household. Members must make their own way to the start of the ride.