

MKC Guided Ride Disclaimer and Covid-19 Information

Disclaimer

By booking a place on this Guided Ride I confirm that I have read, understood and accept these terms and conditions required for the safe participation in this activity and I agree to act responsibly and adhere to the rules of the road and countryside. Marshals, if they are used, are solely to indicate the direction and it is my responsibility to ensure that any manoeuvre is carried out safely.

I hereby maintain that I am fit and healthy enough to participate in the activity described above and my cycle is in a safe, legal and roadworthy condition. Appropriate clothing and footwear should be worn for this activity and all participants are recommended to wear a helmet,

I understand that choosing not to wear a helmet is done at my own risk. Children under the age of 16 must wear a helmet during this activity unless written permission not to wear one from their parent/guardian is provided to the Ride Leader. I agree to notify the Ride Leader if I wish to leave the ride early or before reaching the end of the route so that the Ride Leader can account for any missing members of the group. I accept that Milton Keynes Council (MKC) cannot be held responsible for any personal injury, accident, loss, damage or public liability during the activity.

Parents or guardians of young people under 18 must also understand the demands of the cycling activity and that they alone can make the decision about the ability of their child to complete it; that the child may cycle with other adults and/or with other children, but that there is also a possibility of the child cycling on its own (for example with treasure hunt events); and that while MKC extends a welcome to cyclists of all ages and abilities, no special provision for children is made; arrangements to get to and from the event are the sole responsibility of the parent or guardian. MKC and other participants may take photographs during the course of an activity, mostly for private use but some may be for local or national publicity purposes. It may be difficult to ensure that photographs in which your child appears will not be used in any way.

Covid-19 Restrictions on the Ride

General Guidelines

- Symptoms - Most importantly, if you or any of your household show any symptoms of COVID-19, or have been asked to self-isolate, please inform the Ride Leader and don't attend the ride.
- Ride Numbers – Each ride will be restricted to 6 people (including the ride leader). No more than 5 riders (6 inc the leader) will be allowed to ride in the group.
- Arrival Time – Please arrive at least 15 minutes before the start. We have a pre-ride briefing and registration to complete and don't want to delay the start time.
- Social Distancing - We ask that everyone maintains social distancing of at least two metres (or one metre plus mitigations – such as side-by-side riding where possible) at all times. This is especially important at the meeting point and at any stops.
- PPE – Please bring your own face masks, gloves, and hand sanitizer. Face masks will need to be worn at indoor locations.
- Breakdowns – Please bring your own tools and equipment to cover breakdowns or punctures. The ride leader will advise you on how to mend the breakdown.
- Hydration and Snacks – Please bring your own water bottle and any snacks. Do not share.
- Registration/Contact Tracing. It's important that we can trace you if anyone shows symptoms at a later date. A register with contact details (name, phone, email) will be taken before the ride.
- Hygiene - Maintain good hygiene practices at all times. In particular, avoid spitting, sneezing, and coughing that could affect nearby riders, we recommend that hands are washed/sanitised regularly. Use tissues and dispose of them.

- First-Aid – All MKC Ride Leaders have appropriate and current First Aid training. First Aid will be administered using the current Covid-19 First Aid Guidelines.
- Non-Compliance - The Ride Leader has the right to remove anyone not adhering to the COVID (or other) guidelines from the ride (you will be asked to leave).
- Illness - If you develop symptoms of COVID-19 whilst out on a ride, immediately inform the ride leader that you are dropping off and return directly home.
- Phone – Please bring a charged mobile with you.

During the Ride

- Where roads are wide enough and it is safe to do so, ride in pairs to ensure that the minimum amount of road is taken up. Two abreast riding is considered at all times to be non face-to-face .
- Be aware of hazards and communicate these to your fellow riders
- Whilst groups are being led it is important that riders should be as self-sufficient as possible in dealing with mechanicals.
- We advise that each rider deals with their own mechanicals so as to maintain social distancing (friendly advice may be offered by your fellow group members)!
- Each rider should have their own inner tubes, tyre levers, multitools, pump, etc.
- There may be situations where other riders need to step in and provide assistance; in this case, you should use a mask and gloves.
- As with all bike riding there is a risk, please ride within your own capabilities.

After the Ride

- If you develop symptoms of COVID-19 or receive a positive test having recently attended a Guided Ride, please make the Ride Leader aware, so that people you have been in contact with can be informed.
- Please disperse at the end of the ride as quickly as possible.

Contacts

Leader Group 1 -Colin Bownes; [tel: 07586354101](tel:07586354101); colin@cbhome.co.uk

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