

## Participating in Group Rides – Safety Guidance for all AXA Community Bike Ride Members

1. Take personal responsibility for helping to ensure you have a safe and pleasant bike ride by being aware of the advised guidance.
2. If you feel unwell and or are displaying any of the Covid-19 symptoms, cancel your participation on a group ride and contact your GP immediately.
3. Wash your hands thoroughly before and after the bike ride.
4. Always carry a pocket size hand sanitiser with you.
5. Maintain two metres social distancing at these times:
  - a. when you meet the leader/group prior to setting off
  - b. during or after the bike ride when you stop for a cuppa and chat
6. Wear a mask in any indoor setting such as meeting the group before the bike ride or during a coffee stop indoors.

Note: Participants may wear a buff or a mask during the bike ride, however, this is optional and not compulsory.
7. Adhere to the advised coughing etiquette (into your elbow, away from others).
8. Refrain from spitting at any stage during the bike ride.
9. During the bike ride, adhere to Cycling Ireland's Guide to Cycling on the Road in groups, which can be found [here](#). In a similar way to close contact sports, the activity of group cycling can be participated in as a normal activity without social distancing, however, at all other times, it is advised to remain two metres apart.
10. If, after participating in a bike ride, you develop symptoms of Covid-19 and or test positive for Covid-19, please provide the following contact details for the group (Mary Corry – [mary.corry@cyclingleireland.ie](mailto:mary.corry@cyclingleireland.ie) / 086 183 8059) to the Contact Tracing Team. Individual members contact details of those who took part in your bike ride will be shared only where necessary with the appropriate agencies.

**We all have a part to play in keeping us safe and well, during our free, social group rides. Please play your part and follow our 10-point plan to keep all our members safe. #StaySafe**

### Links to the latest government guidance:

For the Republic of Ireland, please click [here](#).

For Northern Ireland, please click [here](#).