**CTC Derby and Burton Rides**

Here's the latest format for the National easing of restrictions from 19 July 2021:

- although number limits on gatherings have largely ceased, Cycling UK advises that group rides should be limited to a maximum of 15 people as best practice

- Safety advice remains in place for the time being. A generic Risk assessment for rides is on the website.

- the holding of track and trace details is not required. The Booking system may still be used for any leaders who would still prefer to use it.

- Publicity will be on the website calendar and/ or e-maildodo. Leader also has the option to publicise on Facebook.

- Familiarise yourself with Cycling UK's Advice at [www.cyclinguk.org/news/coronavirus-guidance-cycling-uk-groups](http://www.cyclinguk.org/news/coronavirus-guidance-cycling-uk-groups) and www.cyclinguk.org/article/coronavirus-guidance-cyclists

**Make it safe**

- Limit close contact

- Wear a face covering in crowded areas and practice good hand hygiene

- Self assess for symptoms before attending. Do not attend if you have symptoms.

- Not to attend if advised by NHS track and trace to self isolate

- Not to attend if required to self isolate after travel

- Sharing of tools and equipment is discouraged

- St. John Ambulance advice is at [www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/](http://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/) Only qualified first aiders should provide first aid.

***The Coronavirus Risk Assessment***

We have a generic risk assessment which covers the main situations. It is available on the website. Ride leaders should review this. There is no requirement to submit this now.

***Booking process (only if used)***

- Ride organiser emails ctcdab@gmail with as much detail about the ride as you'd like included.

- Paul puts it on the website and lets the organiser know when it's done

- Organiser can send out an email via emaildodo inviting people to book (With a link)

- When someone books, that will go to the organiser and ctcdab@gmail