



## **Inclusive Cycling Participant Information - Covid 19**

We would ask that all participants/parents/carers follow the information below:

### **PRE ACTIVITY**

Prior to participation in a session it is important that all participants have checked for any symptoms that are common to coronavirus. If you or anyone in your household has displayed any of the following symptoms you **MUST NOT** attend the session:

- High Temperature
- New/Continuous cough
- Loss or change to your sense of smell or taste

### **BEFORE YOU COME TO THE VENUE**

- Ensure your child's hands are sanitised
- Make sure your child has been to the toilet.
- Don't arrive to the venue until 10 minutes before the activity starts

### **AT THE VENUE**

- Follow the 'one way system' in place leading to the area where the activity takes place.
- Ensure 'social 'distance' when waking to the activity
- Maximum of 6 participants will be allowed in a 30 minute booking window
- Maximum of 30 minute period can be booked
- All sessions must be pre-booked prior to the session
- Register / Sign in with the Coach
- Coach will ask your child to sanitise their hands before the activity.
- All bikes will cleaned prior to session, after usage and following the session
- No changing rooms are available
- One 'emergency toilet' is available – this will be sanitised after use
- If a participant requires assistance on and off a bike the parent/guardian/ carer must assist with this

### **AFTER THE SESSION**

- The coach will ask the participants to sanitise their hands.
- Leave the venue immediately.
- Staff will sanitise equipment.

The information contained in this document is constantly reviewed and updated as we receive further guidance and information regarding the prevention of Covid 19.