

## **Please read this very important Safety Information before you Ride and Stride**

### **COVID-19**

1. Riders and Striders should follow all government and local regulations and guidelines in force on September 12th 2020 about who they exercise with, social distancing and any other Covid-19 measures.
2. Many churches will not be open this year. If they are open, they will have own Covid-19 protocols in place and Riders and Striders should follow all instructions issued by them about social distancing and hand cleansing etc.
3. We suggest all Riders and Striders take their own refreshments and hand sanitiser with them and bear in mind that toilets are unlikely to be available in churches.

### **Please also read the Risk Assessment information on our website, before you take part in our event.**

- Police advise all cyclists to ride in single file, not in large groups, and to wear an article of clothing which is reflective, fluorescent or of a very bright colour (e.g. Yellow or Orange).
- Study the bicycling section of the Highway Code and ensure your bicycle is roadworthy.
- You must read and follow the Risk Assessment document on our website. The Trustees of the county Historic Churches Trust can accept no liability for death or injury sustained or caused by any participant in the Sponsored Bicycle Ride/Stride, save to the extent required by law.
- The wearing of safety helmets is advised by the Health Authorities.
- On the Local Rides leaflets we have tried to identify junctions and hazards that require particular care to be taken. There may be others so care must be taken at all times.
- Ride in single file and do not race.
- Walk wherever cycling is difficult or dangerous.
- NB: Anyone intending to use motorised vehicles will need to check with their own insurers that they have adequate cover, as this form of transport is not a part of the event.