

Updated Covid 19-related information.

Following the advice from Cycling UK, we can now ride in groups of **up to 6**
But those groups must not mix to create a larger group.

It is very important that you:

- 1) Contact the ride leader to tell them you plan to ride by text, Messenger or Facebook
 - 2) Check on Facebook or email before joining the ride to find which group you are in
 - 3) Quickly find your group at the start and remain with that group all day
 - 4) Do not change groups or allow groups to mingle.
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A bit of advice from cycling UK, for riding in a group: All riders should make sure they have a full set of tools, so no-one has to share

Please leave plenty of distance, both when riding and when you stop for a break.

We don't want the contact tracers to get us! See the cycling UK website for further information