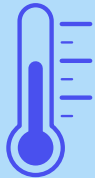


Behaviour Code

British Cycling Covid-19 Guidance



Self-assess

Don't leave the house if you have any Covid-19 symptoms, and follow NHS Test and Trace procedures.



No spitting

Please don't spit, and if you need to cough or sneeze please do so in a tissue or the crook of your elbow. Always throw used tissues in a bin. Dispose of your tissue as soon as possible.



Read the guidance

The event environment will be different to what you're used to, so read the relevant guidance from British Cycling and the event organiser.



Listen to officials and volunteers

Make sure you're present and attentive during any briefings, and follow any on-site instructions. If something doesn't look right, report it.



Keep your hands clean

Wash and sanitise your hands regularly. Some sanitiser may be provided, but bring your own just in case.



No shouting

Evidence suggests that shouting increases the risk of transmission, so please communicate calmly.



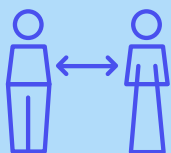
Be self-sufficient

Bring your own equipment and refreshments, as usual hire and catering facilities may be unavailable.



Say thanks

We couldn't enjoy racing without the support of our event organisers, officials and volunteers – so say thanks!



Maintain social distancing

Make sure you keep at least two metres from others before and after your race – particularly in busy waiting areas.



Have fun

Remember to enjoy the race and have fun!