

# pie events policy and procedures during Coronavirus

## One Day Guided Rides

In response to the health concerns surrounding Covid-19, we want to reassure our clients that we are doing everything in our power to ensure the safety of their cyclists, our staff and suppliers.

According to Government guidance, people who are unwell or have symptoms of Covid-19 should be self-isolating and therefore should not attend our events in any capacity (e.g. cyclist, staff or supplier).

We will therefore be implementing the following measures at our events in accordance with good practice, Government guidance and common sense. These measures will be reviewed on a regular basis and will form part of the Risk Assessment of individual events. These measures apply to all clients, cyclists, staff, suppliers and anybody else who may be involved in our events (e.g. office admin / volunteers / friends and family attending the event).

### **In General**

- Take care not to expose anyone to unnecessary risk
- Be considerate to others
- Event documentation will be sent out electronically in advance of the ride
- Adhere to the guidelines (*wash hands thoroughly and regularly/use sanitisers, stay 2m apart and avoid touching your face*)

### **Registration / start area**

- When queuing (for example to collect luggage tags or water bottles), please keep to the 2m social distancing rules
- Event briefings will be conducted outside with enough space for social distancing
- Group start times will be staggered to avoid congestion
- Staff at registration (if there is one) will wear face coverings and gloves

### **Group riding**

- Follow instructions given by your guide
- Do not ride off the front unless instructed to do so
- Where possible, remain in the same cycling group during the ride thereby limiting your interaction with others
- We will have a maximum of 5 cyclists to 1 guide, as per the "Rule of 6".
- Increase the gap between yourself and the cyclist in front of you. If possible, stay out of the slipstream of the cyclist in front – this may mean staggered riding, especially when overtaking.
- Always observe the 2m social distancing guidance when overtaking or when stopped. This includes when passing members of the general public
- When stopped, avoid standing face to face with other cyclists. It is best to stand side-by-side or back to back
- Be considerate towards others. This includes keeping an eye out behind you for faster cyclists wishing to overtake and ahead of you for slower cyclists and adjusting your speed appropriately
- Greet other cyclists without shaking hands or hugging – a friendly wave will suffice
- Clean your hands and your own bike and accessories before and after cycling
- Shower immediately once you arrive home



- Ensure you carry your own spare inner tubes, pump, multi-tool and know how to use them
- Cyclists are advised to bring their own face coverings and hand sanitiser to apply when they feel they need to
- Ensure your bike is in an appropriate condition for the ride ahead. Consider having it serviced before the event

### **Refreshment Stops / Food**

- Wash your hands (or use hand sanitiser) before handling or eating food
- Adhere to the 2m social distancing rule at all times
- Where possible we will operate a one-way system at refreshment stops to avoid congestion
- Where possible eat your food outside in the fresh air
- All refreshment stops will be self-service. Where necessary, our staff or volunteers may serve some food items / prepare food items. If so, they will wear face coverings and gloves
- Dry food stuffs will be served in individual wrappers
- Fresh foods i.e. items with a short shelf life such as fruit will be peelable
- Place all rubbish in the bins provided
- If seating is provided, it will be set so people eat side by side or back to back. Tables and chairs will be set out with 2m between them. We ask that you respect this placement by leaving them as placed.
- All serving utensils, tables, chairs will be cleaned before and after use

### **Washing facilities**

- Washing facilities / hand sanitiser will be available for cyclists to wash their hands at stops. However, for extra precaution, we recommend that cyclists bring their own hand sanitiser with them

### **Measures for pie event staff**

In addition to the measures above:

- Where possible, staff will be allocated roles that they can complete on their own
- If help is required, we will aim to limit this to the same group of helpers. i.e. we will form pie "teams" with specific roles. pie staff will be encouraged to work only in these specific teams
- If accommodation is required, then pie staff will share with the same person each night, assuming single rooms are not possible
- Hand washing facilities / hand sanitiser will be available for all staff
- Staff briefings will be kept as short as possible, ideally taking place outside
- Event documentation will be sent out electronically in advance of the ride, and pie staff will be given their own event folders on the ride (i.e. no need to share folders)
- Pie will provide gloves for staff but staff will be expected to bring appropriate equipment such as gloves will be available for all staff, according to the role they are undertaking

