REAL WORLD Riding

Reducing Your Exposure to Infection While Riding – Covid-19

Consider wearing eye protection
The virus is spread by exhaled droplets and your eyes are a route into your body

Avoid Sharing Lifts
If you have the option, then avoid spending time with others in a confined space. Even if you wear masks

Carry a Basic Repair Kit
To maintain distancing we'll support you fixing your own bike with your own tools if possible. We can step in though!

Carry a Basic 1st Aid Kit
If you can treat minor issues yourself, you can maintain distancing. We'll step in if needed though!

Carry a basic Emergency kit
We can't use a group shelter and maintain distancing, so please prepare for long stops yourself

Carry basic Covid protection
A mask and Hand-gel will allow you to protect yourself and other members of the group where you may contact

Keep your distance
2m in the group
10-20m when riding please
You can ride closer with protection

Avoid pushing yourself hard
Medical advice suggests panting when exercising can increase your risk

Cover Bottles and Bladder Hoses
Cover exposed things that you will put in your mouth or put them in your bag to avoid contamination

Consider using a sweatband
A buff as a sweatband can reduce you mopping your face with potentially contaminated gloves

After you've finished your ride

Wash your gloves
Consider also washing your riding kit, or quarantining it, you may want to have a shower (hopefully you would anyway!)

Wash your bike
Your grips at least could be contaminated.

Suggested Basic Repair Kit

Multi-tool
Chain Breaker
Spare Derailleur Hanger
Magic Link
2 Tyre Levers
1 Inner Tube (even if tubeless)
Pump or CO2

Suggested Covid Kit

Mask
Gloves
Hand Gel (minimum 65% alcohol)

Suggested Emergency kit

Hat
Bivvi Bag
Additional Warm layer (Duvet Jacket)

Suggested Basic 1st Aid kit

Assorted plasters
5x5 Non adhesive dressings
Roll of tape
Crepe Bandage
Large Dressing
Paracetamol (if you're not allergic)