

Safety Guidance whilst cycling from British Cycling

In England, from June 1 2020, the number of people from outside your household with whom you can meet to exercise outdoors has been increased. Groups of up to six people from different households are now permitted to exercise together, however they must still follow social distancing guidelines and keep at least two metres apart from those outside their household.

Current measures in England also state that:

- If you are showing coronavirus symptoms, or if you or any of your household are self-isolating, you should stay at home.
- You may exercise outdoors as many times each day as you wish.
- You can sit and rest outside before, during and after your ride.
- You may drive to outdoor publicly accessible open spaces irrespective of distance.
- In line with UK Government guidance, those aged over 70 should continue to take care to minimise contact with others outside their household.

While the Government guidance now permits groups of up to six to ride together, British Cycling believes that the need to maintain a two-metre distance while riding as a group of six may present practical difficulties and potential risks. For this reason, in some environments we would encourage riders to continue to cycle in smaller groups at present, and only ride in a group of six if they are absolutely sure that it is safe to do so.

We would also like to reiterate to cyclists the need to be mindful of keeping a distance of at least two metres when overtaking other cyclists and from pedestrians who may be walking towards you on paths or on pavements at the side of the road.

- Although most of the suggested routes listed in the Virtual Pendle 3km Pedal are traffic free, there are a few sections where you will be on the road. Please cycle with care following the high way code
- Cycle helmets and hi-vis clothing recommended
- Ensure your bike is in a road worthy condition prior to setting off, do the M check <https://www.britishcycling.org.uk/knowledge/article/izn20131111-The-M-Check-0>
- Take care along the canal bank, it is narrow in places and some of the bridges are quite low. Use a bell to warn upcoming pedestrians and other cyclists prior to entering under the bridge.
- If using the track ensure slower riders keep left and allow faster riders to overtake on your right.
- Cycle in an anti-clockwise direction

PLEASE NOTE!

You undertake the Virtual Pendle 3km Pedal at your own risk

