



Scottish Cycling | The Way Forward

Supplementary Information 10 - 25 October 2020

Following the [statement](#) from the First Minister on the 7th October 2020 for the need for greater restrictions to control the spread of Covid-19, we have produced supplementary guidance to our core guidance documentation.

All restrictions outlined below will apply from 01:00 Saturday 10 October 2020 until midnight on Sunday 25 October 2020 and supersedes the guidance within our corresponding documentation.

This supplementary information applies to the following five affected health board areas:

- ✓ **NHS Ayrshire and Arran:** East Ayrshire, North Ayrshire, South Ayrshire
- ✓ **NHS Forth Valley:** Falkirk, Stirling, Clackmannanshire
- ✓ **NHS Greater Glasgow and Clyde:** Glasgow City, East Dunbartonshire, West Dunbartonshire, East Renfrewshire, Inverclyde, Renfrewshire
- ✓ **NHS Lanarkshire:** North Lanarkshire and South Lanarkshire
- ✓ **NHS Lothian:** City of Edinburgh, East Lothian, Midlothian and West Lothian

CLUBS and ACTIVITIES: Coaching, leadership, tutoring and group rides

In general:

- ✓ All group rides and club activities should only take place within one health board area. Activities (such as group rides) should not cross into neighbouring health boards.
- ✓ Participants can only participate in group rides and club activity within the health board that they reside in. They should not travel to other health boards to engage in activity.
- ✓ Paid Coaches/MTB/Ride Leaders which rely on activity delivery to support their livelihood can travel between health board areas. Volunteers can travel across health board areas but only if the activity is deemed essential during this period and cannot be rescheduled.

Adults (18+)

- ✓ Group rides should take place with no more than 9 participants and physical distancing of at least 2m must now take place before, during and after activities.
- ✓ There should be no more than 9 participants (including the MTB/Ride Leader or Coach) per group and physical distancing of at least 2m must now take place before, during and after activities.

Young People (17 and under)

- ✓ There is no change to the permitted group size, and physical distancing continues to be suspended for the duration of activity. Travel restrictions between health board areas apply.

EVENTS

- ✓ Riders of all ages should not travel outwith their own health board for events or competition
- ✓ Events within these areas may take place in line with the Events guidance, with the following additional restrictions:
 - Riders can only attend an event in the health board that they reside in, for example an event which takes place in East Lothian should only have participants from the NHS

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DEVELOPING A NATION OF CYCLISTS

- Lothian Health board and no other areas.
- Physical distancing must be maintained at all times before, during and after the event for adults, the field of play exemption for physical distancing continues to be in place for riders aged 17 and under.
- All adult events must take place in a time trial format, with no group or bunch racing permitted at this time.
Event organisers should contact events@scottishcycling.org.uk to discuss modifications to competition formats.
- ✓ Event volunteers may travel across the Health board boundaries, but only if the activity is deemed essential during this period and cannot be rescheduled.

ADDITIONAL INFORMATION: for activity in non-affected health boards:

- ✓ No participants should travel into any of the five affected health board areas for club activity, coaching sessions, led rides or events.
- ✓ All club activity, coaching sessions and led rides out with the five affected health boards can continue to take place under the previously published guidance.
- ✓ All events out with the five affected health boards can continue to take place in group and bunch formats in line with the previously published guidance, however no riders from within the affected health boards should attend.
- ✓ Volunteer and paid deliverers may travel into the affected areas, but only if the activity is deemed essential during this period and cannot be rescheduled.
- ✓ You may travel from an unaffected health board, to another unaffected health board, passing through an area with enhanced restrictions, as long as you follow the advice to travel safely.