

BE COVID-19 AWARE

KEEPING YOU AND YOUR FELLOW RIDERS SAFE

PLAN IN ADVANCE

Check facilities and your route online before you travel or ride



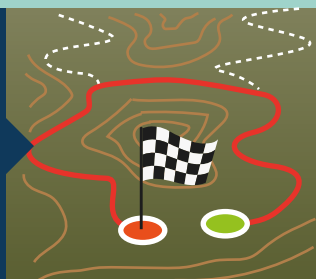
STAY LOCAL

Stay within 5 miles of home



DON'T GO FAR

Ride smaller loops rather than one longer remote ride



BE SELF-SUFFICIENT

Bring clothing, equipment & first aid kit



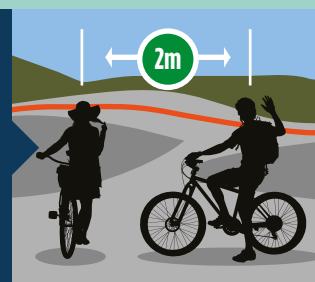
RIDE WELL WITHIN YOUR LIMITS

Only ride trails you have ridden before and are very confident on



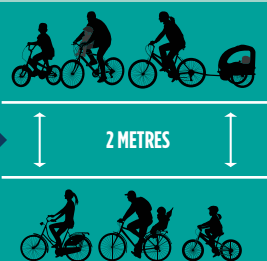
KEEP YOUR DISTANCE

Maintain a strict 2m distance.



RIDE WITH MEMBERS OF ONE OTHER HOUSEHOLD PER DAY

Maximum of 8 people and maintain social distancing



BE NICE

Say hello, give way, smile and wave



TOILETS CLOSED

All indoor facilities including toilets will be closed



USE HAND SANITISER

Wash your hands. Bring hand sanitizer with you.



COVID-19 is a hazard that we are all learning to manage and live with. Please act responsibly. This advice is intended to keep us all safe. Thank you.

