
Coronavirus (c-19) Update

Frequently Asked Questions

Groups/Volunteers

The current situation is that we don't want to discourage participants from undertaking activity since being active and healthy is a deterrent to many infections. If you follow government guidelines on how to avoid catching and/or spreading the virus you can continue to run and participate in group activities as planned.

Your health, welfare and wellbeing is extremely important to us. Cycling UK has a duty of care to minimise the risk of all infectious diseases spreading in groups activity, and we need your cooperation to reduce this risk to yourself, volunteers and participants of Cycling UK group activity.

Q. What actions are Cycling UK taking to reduce risks of exposure?

We are:

- Encouraging groups to provide antibacterial gels and wipes during the activity and will be covering expenses for this.
- Providing regular guidance based on governmental guidelines
- Requiring self-quarantine for 14 days for anyone who returns from a category 2 affected area (as detailed on the public health website) who are displaying symptoms, and for all individuals returning from a category 1 affected area regardless of if they have symptoms.

The below frequently asked questions (FAQ) are designed to keep you informed of c-19 and implications for you and your work. These FAQs will be regularly updated.

Q. If I have any questions or I want to raise something about c-19 and your group, who do I contact?

There will be a lot of information about c-19 on Cycling UK, Direct Gov and NHS websites (links available towards the end of this document). Please take a look at this first. If you need to speak to or alert someone to a question or issue, you should first contact your Volunteer Groups Engagement Officer, Thomas Page thomas.page@cyclingsuk.org.

Q. If I am presenting symptoms of a minor respiratory tract infection or flu-like symptoms i.e. high temperature, difficulties in breathing, cough, what should I do?

If you are feeling unwell, you should alert your Group/Ride leader that you are off sick using usual communication procedures to avoid spreading infections, regardless of if you have travelled to an affected area, or come into contact with somebody who has it. For good practice please ensure your contact number and emergency contact details are up to date with your group leader.

If you are concerned that you might have contracted c-19:

The following symptoms may develop in the 14 days after exposure to someone who has c-19 infection:

- Cough
- Difficulty in breathing
- Fever

Generally, these infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions such as diabetes, cancer and chronic lung disease.

If you have any of these symptoms please do not attend any Cycling UK activity ride, group activity and follow the below advice on the NHS website.

- [NHS coronavirus advice](#)
- [NHS coronavirus 111 service](#)
- [NHS advice for staying at home](#)

Q. If I call 111, and they advise me to self-isolate, what should I do?

In all such cases, you must follow medical advice. Do not attend any activities and only do so if you have been given medical advice that it is ok to do so. In all cases, contact your Volunteer Groups Engagement Officer as soon as possible by phone or email.

Q. If I travel to a high-risk country, what should I do on my return?

You should always check the latest UK Government Foreign Office advice before travelling. On return to the UK from a high-risk country, you should again check the latest Government advice. You can find this here:

<https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

Q. What should I do if I am feeling ok, but a member of my family that I live with is presenting flu-like symptoms?

In such cases, we recommend that you discontinue Cycling UK activities until you and you family members have been given medical advice that it is ok to continue with social activities.

Q. If events involving several people are planned, should they be cancelled?

This applies to events involving the public or volunteers. Current advice is that the risks presented by the virus are still low and the situation in the UK is currently contained.

We recommend all event organisers to add in an additional risk consideration into the events risk assessment.

Senior Management with the relevant Heads of Department are reviewing all the planned Events from now to the end of June 2020. Any changes to planned events will be shared on the Cycling UK website and communicated to the groups directly.

If you are particularly worried about attending or organising such an event, please contact your Volunteer Engagement Officer.

Q. Where can I get good information on hand cleaning?

Public Health advice is that to wash hands thoroughly and regularly with soap and water is a more effective method. You may of course take your own hand gel on Cycling UK activities if you wish.

Q. I have an underlying health condition that puts me in the highest risk category of being harmed by c-19 – e.g. coronary heart disease, diabetes, respiratory diseases, cancer, immune system deficiency. Will Cycling UK put in place special safeguards for me?

In such cases, you should seek medical advice. If you fall in this category, you should alert your group leader so that they know (if you are willing to do so). This will be kept in the strictest confidence.

Q. How do I keep up to date with developments on c-19?

There are numerous government and public service websites:

- [Specific Cycling UK updates and advice on Groups activities](#)
- [Specific countries and areas with implications for returning travellers or visitors arriving in the UK](#)
- [Number of c-19 cases and risk in the UK](#)
- [NHS guidance](#)
- [NHS 111 service](#)
- [Handwashing](#)

We will place our latest guidance [on our website](#). You should check these pages on a regular basis.