

COVID-19 Risk assessment – Group Training

During the outbreak of COVID-19, people are being encouraged to use active travel to get to work. Providing group cycling sessions can help ensure people are able to ride safely and confidently.

There is no reliable information available about the risk of transmission of COVID-19 in outside spaces, where the risk could be expected to be considerably lower than in indoor settings for a number of reasons:

1. Air movement will likely move the droplets so that they are less likely to hang in the air
2. Time spent face to face will be minimal – most of the time riders will be either face to back or side by side
3. It is easier to maintain 2metres distance or more¹

This document should be read in conjunction with Cycle Confident Guidance on Child Group Training. The Risk Calculator may also be used to consider risks ahead of sessions for which there may be concern.

Standard requirements for all sessions:

1. Instructors must follow government [guidance](#) on self isolating to reduce risk of transmission of virus
2. Instructors and riders must follow government [guidance](#) on social distancing and remain at least 2 meters apart at all times
3. Instructors must observe throughout the session for anyone with symptoms and ask them if they observing the guidance on self-isolating
4. Instructors must observe the participants and their families and ensure that social distancing is maintained, including during the start and end of sessions where there will be additional people present
5. Instructors must ask all attendees to inform Cycle Confident if they develop symptoms of COVID-19 within [48 hours](#) of being at the session

¹ Financial Times, accessed 25 June 2020. <https://www.ft.com/content/2418ff87-1d41-41b5-b638-38f5164a2e94>

Hazard	Who affected: Instructor, Rider, 3 rd party	Risk Rating	Action to Mitigate risk	Action by whom	Residual risk
Lack of social distancing during registration and at end of session	Riders and their accompanying adults	Low	<p>Registration and consent forms completed online before start of training – instructor to have registration list ready when riders arrive</p> <p>All activities to take place outside and accompanying adults encouraged to wait outside</p> <p>Riders will be reminded to maintain social distancing whilst parking/retrieving bikes at bike racks. Instructors will monitor bike racks and ensure social distancing maintained if required.</p>	Instructors	Low
Transmission of virus via bike surfaces	Instructors and riders	Medium	<p>Instructor to wipe down bike as per Cycle Confident Guidance</p> <p>All shared bikes to be wiped down thoroughly with alcohol based wipes or spray and cloth between each use.</p>	Instructors	Low

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			Where possible, shared bikes to be rotated to extend the period of time between different users		
Transmission of viruses from surfaces when sharing tools/parts	Instructors	Medium	Instructors to use own tools unless unavoidable Instructor washes hands/uses hand sanitiser before handling shared tool/parts and afterwards Instructor wipes shared tools/parts before use as per Cycle Confident Guidance	Instructors	Low
Close contact during bike fixing/adjusting	Instructor and bike owner	Medium	Maintain social distance Do not attempt to teach or explain what is being done, to reduce the risk of rider coming close to observe	Instructors	Low
Social distancing is not maintained	Riders get too close whilst riding	Low	Riders will be reminded to keep a bike and a bit distance from the person in front. And at least an arm's length each when side by side	Instructors	Very low

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			Activities, such as high fives and passing of batons (or other objects) will no longer take place Instructors use cones to create riding activities which maintain social distancing		
Social distancing is not maintained whilst not riding	Riders stand close together when not on their bikes	Medium	Instructors remind riders of need to maintain social distancing at all times and that standing face to face is to be avoided When selecting sites for Level 2/3 activities, instructor considers rider positioning when off bikes Instructors to give clear guidance to riders on how to lean/lay bikes when bikes not being used, to ensure social distancing is maintained	Instructors	Low
Use of toilets	Riders and instructors use toilets during the day	Medium	Instructors review the facility risk assessment, including use of toilets before the start of the session and inform all riders and accompanying adults of any steps they need to take.	Instructors	Low
Falls and tumbles	Instructor needs to provide assistance to a rider who has fallen	Low	Instructor assesses situation whilst following social distance guidance Moves forward only if needed	Instructors	Very low

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			<p>Wash hands/use sanitiser before touching the rider</p> <p>Consider using a face covering if social distance breach is going to be for more than 15 minutes</p> <p>Provide first aid as required.</p> <p>Complete incident report form</p>		
Child becomes unwell with symptoms of COVID-19 during the day	Child with symptoms may deteriorate quickly and may pose a potential risk to others present	Low	<p>Separate child from the rest of the group and any others present</p> <p>If possible, remain outdoors.</p> <p>Maintain social distance (at least 2 metres)</p> <p>Provide water for the child</p> <p>Contact parent/carer to come and collect child asap and inform of need to follow guidelines on self-isolating and test and trace</p>	Instructor, facility manager	Low
Support Test and Trace	All	Medium	Instructors will keep a register of name and phone number/email address	Instructor	Low

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