

AUDAX UNITED KINGDOM COVID-19 BEHAVIOUR CODE – WALES

Welsh Government guidance takes precedence over this code. If Government guidance changes at any time, it must be followed with immediate effect.

Anyone participating in AUK sanctioned activities or events must follow this code to ensure the safety of themselves, other participants, and the public.

It is essential that all participants adhere both to this code and to any additional requirements set out by the organiser. These will form part of the organiser's risk assessment for the activity

Personal safety should be the main consideration for all decision making.

- DO NOT take part if you have any COVID-19 symptoms or are required to self-isolate under the current government guidance or have been contacted by NHS Wales Test, Trace and Protect and asked to quarantine
- Observe social distancing requirements at all times in respect of other participants and members of the public.
- Be respectful of others. Act as an ambassador for our sport at all times by being mindful of how your behaviour might appear to members of the public.
- Be as self-sufficient as possible.
- Maintain hygiene standards. In particular, wash or disinfect your hands regularly and before using any shops, toilets or other facilities. You should carry with you a tube or container of an appropriate alcohol-based handwash gel for use in circumstances where the use of soap and water is not possible. You should wear a suitable face covering when required to do so, e.g. if entering retail premises. If you propose to continue cycling afterwards and find the face covering uncomfortable, you should dispose of it safely, or store it in a sealable plastic bag. If you need to use a face covering later in the ride, you should use a different new or clean one.

Riders who are in the higher at risk groups should take particular care and/or make decisions on participation with due consideration to the risks associated with COVID-19.

1st August 2020