



Tour de Cure Training Rides – NSW Covid update 8 October 2021

COVIDSafe Riding

We need you Fully Vaccinated

Outdoor gatherings are currently limited under the Health Orders issued by the NSW government <https://www.nsw.gov.au/covid-19/rules>.

The current rules only allow for fully vaccinated people or those with registered medical exemptions to gather outdoors in groups greater than 2. If you are not fully vaccinated or don't hold a valid exemption please do not ride with us until you are.

Not only is it the law but as a cancer charity we naturally have riders who are or have been immune compromised. This is to protect everyone we interact with.

Our ride leaders will not ask to sight your COVID-19 digital certificate or print out of your Australian Immunisation History Statement but we ask that you have it with you along with proof of address should you be asked by the authorities to show it. It is up to you to ensure you are compliant. To this end, it is becoming increasingly likely that we will require proof of vaccinations, a valid medical exemption or additionally more active testing conditions in the future. While we do not yet know how this will land and what the details may be, we feel it's fair to flag this with you now as the safety of our Tour de Cure family will always be our top priority.

Before the ride

- RSVP Early – with numbers in each bunch limited, we need to know if you are coming so we can arrange enough ride leaders.
- If you are sick. Stay home – **regardless of your vaccination status**, we are asking riders having any respiratory conditions, symptoms of the flu or a cold not to join our rides.
- If you have been to any of the places listed by NSW Health as a case location – we ask that you do not join us but follow their instructions. <https://www.nsw.gov.au/covid-19/nsw-covid-19-case-locations/case-locations>
- At all times practice good hygiene and bring a mask. Wash your hands with soap and water prior to leaving the house and if you can, carry hand sanitiser and bring a mask should you need to take public transport, Uber or enter any place where masks are required.
- Ensure you come properly provisioned for the ride bringing enough food and water for yourself.
- Gathering before the ride – please keep a physical distance – if there are more than the allowed number of people congregating together we will attempt to separate into groups early on. When we have enough riders for a peloton we will brief and roll that group.
- We understand it will be exciting early to see your friends but we will do the right thing, staying physically distant and separated to stop the spread.

On the ride

- We will limit the size of our bunches as required by the authorities and ensure we are keeping the maximum allowable distance between riders. **Do not join a bunch if you have missed the briefing or the start of the ride – we must not exceed the allowed maximums.**
- Do not share food or water – everyone must carry enough for themselves.



- Riders must not clear their noses in the bunch or do anything else to expose other riders to risk of infection.
- Stopping at lights or an intersection we will keep our gaps in the bunch as much as we can while remaining safe. If riding behind or stopped behind another bunch we will aim to keep at minimum 2 car lengths (20 metres) between them.
- As always please listen to the instructions of your Ride Leaders and we will always be following the road rules.

After the ride

- We will look to ensure an outdoor venue is chosen for breaks and end of ride coffee. If one is not available the ride ends when you step off the bike and we will not be gathering together.
- When parking for coffee - gloves, helmets and hats/headbands must stay with the bike and not on the coffee table, always keep enough physical distance from people near you and wash your hands with soap whenever it is possible or use hand sanitiser.
- We recommend you wash ALL of your kit every time, this includes gloves, hats, headbands, gillies or waterproof gear no matter how much you did or didn't use them. You may want to consider a wipe down / wash of your bike, helmet and glasses as well.

Do you need to tell us about any other concern?

If you have an impairment and/or medical concern that may impact your ability to ride the bike safely in a peloton please see your Peloton Manager so that we can discuss how we can best accommodate you in the peloton during the training ride.

Do you need to leave the bunch early?

Please note that riders leaving the ride early take responsibility personally for their own safety and guidance.

Once you have left the TDC organised ride, you are riding as an individual outside the responsibility of TDC training rides. Effort will be made to accompany riders that may turn early but the TDC training crew cannot guarantee that Ride Leaders will be available.

What do I need to bring?

- Spare tube & gas
- Phone
- ID
- Money

When riding with Tour de Cure we insist that you:

1. Read and commit to the TDC Etiquette document:
<https://tourdecure.com.au/media/1049/tdc-etiquette-guide.pdf>
2. Hold a current bicycle organisation membership; e.g. AusCycling or Bicycle Network. This provides you with 3rd Party Property & Personal insurance.
3. Ride a road bike in excellent condition (no tri-bars), regularly serviced, clip-in pedals, working front/rear lights, & cycling kit.
4. All riders are required to wear a helmet meeting AS2063/NZ 2063 or equivalent. Helmets must have a manufacturers mark stating its compliance with the Standard and be in good condition. If your helmet is not approved or is damaged you will be asked not to ride with us on this training ride.