

Six simple steps
for participating in Pedal Power rides
during current Coronavirus (COVID-19) situation

1. Use common sense: think how your actions will affect others.
2. If you are feeling at all unwell, don't attend a ride.
3. Wash your hands as often as possible and avoid touching your face.
4. Social distancing is essential so if having a coffee stop apply this rule. This also applies to pre-and post-ride gatherings.
5. Keep up-to-date with official and reputable sources of advice prior to riding with a group:
 - ACT Department of Health:
<https://health.act.gov.au/public-health-alert/updated-information-about-covid-19>
 - Federal Department of Health:
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>
 - ABC24 News on TV, Twitter and Facebook.
6. If you are diagnosed with COVID-19 after attending a Pedal Power ride, please notify the office as soon as possible on 02 6248 7995 or office@pedalpower.org.au .

Please remember and respect that our volunteer Ride Leaders take all care when conducting a ride but in the end are not responsible for the actions of individual riders. Your Ride Leader may cancel a ride, or request a rider not participate.