

Simple steps for riders participating in Pedal Power social rides  
during current Coronavirus (COVID-19) pandemic

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. Bring your own pen to sign-on at the start of each social ride. Try to avoid touching the sign on sheet with your hand
4. Use hand sanitiser before and after signing-on.
5. Avoid touching your face.
6. Social distancing is essential during the ride and if you are having a coffee stop. It also applies to pre-and post-ride gatherings.
7. 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>
8. 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](mailto:office@pedalpower.org.au) .

Please respect that our Ride Leaders are volunteers. They 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.