
Information for Schools on Delivery of Cycle Training During COVID 19 Pandemic

We are delighted to offer cycle training in schools as we return for the new school year. Using cycles for local travel, including riding to school is being promoted as one of the approaches to minimise the risk of transmission of COVID-19. Taking part in cycle training can empower children to ride their bikes safely and responsibly.

We have put in place a number of actions to respond to the COVID-19 pandemic and reduce the risk of transmission of the virus. Working with the measures that schools have in place, such as bubbles, we are confident that children can take part in cycle training without any increased risk of transmission.

This document is based on information from the UK government guidance, the Health and Safety Executive and the Bikeability Trust. The information provided is minimal as we are aware that all schools have developed risk assessments and guidance. This document aims to provide you with reassurance that we are prepared to deliver cycle training in a COVID secure way. This document provides a brief summary of more detailed information provided in Cycle Confident Guidance for Instructors and Mechanics, Risk Assessments (Outdoor training, classroom based training, Dr Bikes) and an FAQ document for instructors.

Systems of Control

Cycle Confident instructors will follow 6 key measures to reduce the risk of transmission of COVID-19:

- Only attend if they are feeling well, with no symptoms of COVID-19 and are not required to self-isolate for any reason, including requirements of the NHS Test and Trace Service.
- Carry out frequent hand washing and use of hand sanitiser if hand washing not available. Instructors and riders will, at a minimum, wash hands before the start of the session and at the end. If an instructor has to touch a bike (after initial bike checks – see below) other than their own they will wash hands or sanitise their hands before doing so
- Maintain good respiratory hygiene (catch it, bin it, kill it). Instructors will engage in these practices themselves and they will ensure that riders also follow good hand and respiratory hygiene
- Limiting contacts and maximising physical distancing wherever possible – following school guidance on movement around the school such as restricted timings and one way system and working with school bubbles. We will provide consistent instructors throughout cycle training courses who will maximise time outdoors
- Enhanced cleaning arrangements – shared bikes will be cleaned between sessions.

- Engage fully with Cycle Confident and your school procedures if they or a rider become symptomatic during the cycle training course. Cycle Confident procedures are based on government guidance on response to any infection and we will work closely with schools on their response to confirmed cases in the school.

Use of Personal Protective Equipment and Face Coverings

COVID-19 PPE and Face Coverings

Instructors are required to carry face coverings and gloves with them at all times when delivering training on behalf of Cycle Confident.

Instructors will not wear face coverings during cycle training, except when social distancing cannot be maintained when managing an incident (see below).

The risk of transmission of COVID 19 in outdoor settings is very low. Social distancing of a bike and a bit (approximately 2m) will be maintained whilst riding. Whilst off the bikes, instructors will ensure riders keep at least an arm's length each apart (1m).

Instructors will wear face coverings in the school building if required by school policy or requested to do so by a member of school staff. For example, if instructors are permitted to use the staffroom, but are required to wear a face covering except when eating/drinking.

Instructors will wear gloves or use hand sanitiser when checking bikes before use on the course.

Cycle activity PPE

Hi vis tabards will be provided to each child taking part in cycle training. They will keep the tabard for the whole training course and return it to the instructor at the end of the course.

Helmets must not be shared. If a parent wishes that their child wears a helmet or it is a requirement of the local authority that children wear a helmet, these must be provided by the parent. The straps on helmets are very close to the nose and mouth and we are not confident that they can be adequately cleaned

Managing incidents – when social distancing cannot be maintained

Trips and tumbles: Where possible the instructor will escort the rider/s to the school first aid room for management by a school first aider.

If an incident requiring first aid occurs outside of the school premises, or the rider cannot come to the first aid room for any reason, the instructor will wear PPE (appropriately applied face covering and gloves). The instructor will limit the contact with the rider as much as possible, whilst providing first aid and reassurance.

Instructor welfare

Instructors have previously been permitted to use school staffrooms and toilet facilities. It is important that instructors have access to a place to rest, to eat and drink and to use toilets. They have been informed that they should bring their own cups, drinks and lunch. They have also been informed that they will not be able to enter the school dining room or to have school meals.

Additional Information

We have kept this note brief, to give an overview of the steps that we will be taking to ensure that cycle training can take place in a COVID secure way. We have developed specific guidance on delivering cycle training in schools for instructors as Created 3 Sept 2020. Next review 3 Oct 2020 or sooner if required

well as risk assessments for cycle training. We have updated our Health and Safety Policy, Incident Procedure and Safeguarding policies. If you would like to see any of these before booking training, please let us know.

As always we are looking forward giving children the best cycle training experience we can provide. We will continue to work with you in ways that are flexible and we expect our measures to ensure that cycle training we deliver is COVID secure will complement the measures that you have put in place in your school.

Reference documents:

UK Government. Guidance for full opening: schools

<https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools#soc>

Accessed 3 Sept 2020

Specific information: Main source of guidance included in this document.

UK Government. COVID-19 contain framework: a guide for local decision-makers:

<https://www.gov.uk/government/publications/containing-and-managing-local-coronavirus-covid-19-outbreaks/covid-19-contain-framework-a-guide-for-local-decision-makers#annex-3-tiers-of-national-restriction> Accessed 3 Sept 2020

Specific information: Tiers of National Restriction for Schools

Bikeability Trust 200720 BDG&BPDG addendum Sep 20. Draft guidance from the Bikeability Trust.

Health and Safety Executive: Have the right workplace facilities

<https://www.hse.gov.uk/simple-health-safety/workplace-facilities/index.htm>

Specific information: Welfare requirements for instructors