



With British Cycling announcing that club activities and coaching sessions can now resume providing they are delivered in line with Government guidance on group sizes and social distancing Sleaford Wheelers Go-Ride are delighted to be able to resume their Go-Ride Sessions from 14 July 20. Usually at this time of year, many of our club members are putting the final preparations into their Grass Track riding ready for the annual racing at the Heckington Show before we take a break over the school summer holidays. However, this year we know so many of our members have missed our Tuesday evening sessions training and developing cycling skills together so we would like to offer 7 sessions during July and August for a fee of £14. See below for details of how to pay.

We are very fortunate that we have at least four coaches who have volunteered to lead a group of riders each week. Due to the current government guidelines we intend to run 4 groups of 5 riders. These will be specific group bubbles although the coach may differ week to week and we may need to move the riders depending on the group needs.

As you have shown an interest in attending Go-Ride when it re-commences we just need some further information from you so that we can resume safe and enjoyable sessions throughout the summer months. We hope that we can offer a weekly space to all our members who would like to commit to our summer sessions. In the event that we are oversubscribed we will keep a waiting list, which we will also consult if the government and British Cycling increases permitted meet-up/training group sizes.

If you would like to secure a space, please complete the online form [here \(click\)](#) or complete a word version of the form [here \(click\)](#) stating whether your child/children will be available on Tuesday evenings for our regular coaching sessions.

The word form should be sent to [sally.cragg@btinternet.com](mailto:sally.cragg@btinternet.com) Any questions, please contact Sally Cragg on 07789 036771

We are asking all Go-Riders to be current members of the Sleaford Wheelers Main Club now so we have up to date details of all Go-Riders every year and to ensure that the coaching fee is £2 a session until the end of August 2020.

If you are currently not a member Junior Membership is now £5 for the remainder of the year to 31<sup>st</sup> January 2021. An application form and details of how to pay can be found at: <https://www.sleafordwheelers.co.uk/Joining.html>

#### **Guidelines up until end August 2020**

- Parents/Guardians will be asked to stay on site throughout the sessions (respecting social distancing) in case their child/children needs anything minor attending to such as trips to toilets/ minor first aid in case of accident or equipment/bike mechanicals.
- Please keep 2 metre apart at all times – for adults while spectating and children while coaching.
- Please ensure your child/children bring a fully working bike as we will not be able to carry out any repairs.
- Please ensure your child/children brings their own helmet, bike gloves and suitable refreshment for the coaching session as these will not be provided at the present time.

- If a child is unwell and is presenting with COVID symptoms leading up to the coaching session then please do not attend the session and let us know so we can inform other parents/guardians in the same coaching bubble.
- If a child becomes unwell during a coaching session please take them home.
- If a child becomes unwell in the next few days following coaching please let us know so we can inform other parents/guardians in the same coaching bubble.
- It is recommended that a child does not attend at the present time if a member of their household is shielding.
- We will sanitise children's hands using antibacterial gel at the beginning and end of the sessions.
- Going forward we will be asking participants to make coaching payments online and will provide further details of when and how you can do this.

If you have any further questions please contact the Go-Ride group what's app or contact one of the coaches Dennis, Paul, Tom, Donna, Elise, or the welfare officers Karen or Sally directly. We are all on the what's app group.

Thank you for taking the time to read this and fill out this form it's for all our safety.

