

Thursday 9 April 2020

Dear Cyclists,

Cycling during the coronavirus COVID-19 pandemic

As a member of the cycling community, we are writing to you to ask for your help and support to reiterate the messages around cycling during the coronavirus COVID-19 pandemic. With the Bank Holiday weekend upon us, and warmer weather forecast, many people will be enjoying time out on their bikes.

As we all know, cycling is a great way to maintain physical and mental health, provided that guidance on social distancing is followed.

The Government guidelines state that to stop the spread of coronavirus:

- **you should only leave the house for very limited purposes. This can include one form of exercise a day, for example a run, walk, or cycle**
- **this must be done alone or with members of your household**
- **even when doing these activities, you should minimise time spent outside of the home and ensure you are two metres apart from anyone outside of your household.**

British Cycling and Cycling UK advise that cyclists should only go out on their own or with the people they live with. When using off road paths, cyclists should keep strictly to the left, overtake and pass in single file. Cyclists should choose wider trails, so that they can keep two metres away from anyone they meet. They should also stop and wait for people to pass, when necessary. While people should only use their bikes to exercise once a day, they can also cycle to the shop for basic necessities, to provide care to somebody vulnerable, and to travel to essential work.



Whilst riding a bicycle is a generally low-risk activity, it is important that we take steps to manage risk. Please only ride on routes you know well, that are close to home and that are well within your ability level – this is a time for calm recreation, not for challenging yourself.

More detailed information can be found on:

- www.cyclinguk.org/coronavirus-covid-19
- British Cycling FAQs: <https://www.britishcycling.org.uk/about/article/20200319-about-bc-news-Coronavirus-Covid-19-FAQs-0>

We are asking for your support to cascade these messages to cyclists across the borough and ask that people ride their bikes responsibly.

Anyone can get coronavirus, anyone can spread it. Please exercise responsibly, protect the NHS and help save lives.

Stay safe,

Councillor Louise Gittins
Leader of Cheshire West and Chester Council

Ian Ashworth
Director of Public Health
Cheshire West and Chester Council

Stephen Perry
Chester Cycling Campaign

Robert Pickering
British Cycling

— John Violet
Cycling UK