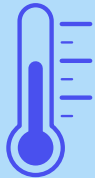


# Behaviour Code

## British Cycling Covid-19 Guidance

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### Self-assess

Don't leave the house if you have any Covid-19 symptoms, and follow NHS Test and Trace procedures.



### No spitting

Please don't spit, and if you need to cough or sneeze please do so in a tissue or the crook of your elbow. Always throw used tissues in a bin. Dispose of your tissue as soon as possible.



### Read the guidance

The event environment will be different to what you're used to, so read the relevant guidance from British Cycling and the event organiser.



### Listen to officials and volunteers

Make sure you're present and attentive during any briefings, and follow any on-site instructions. If something doesn't look right, report it.



### Keep your hands clean

Wash and sanitise your hands regularly. Some sanitiser may be provided, but bring your own just in case.



### No shouting

Evidence suggests that shouting increases the risk of transmission, so please communicate calmly.



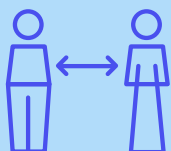
### Be self-sufficient

Bring your own equipment and refreshments, as usual hire and catering facilities may be unavailable.



### Say thanks

We couldn't enjoy racing without the support of our event organisers, officials and volunteers – so say thanks!



### Maintain social distancing

Make sure you keep at least two metres from others before and after your race – particularly in busy waiting areas.



### Have fun

With no ranking points at stake, enjoy the race and have fun!