

Chester Tri Club - Navigator Instructions

Information for all club ride navigators

* Under British Triathlon health and safety guidelines the navigator is not responsible for health and safety of the group, but rather for managing the group round the cycle route.

* These rides are for adult members of the Chester Tri Club only (i.e. over 17 years and if under 18 years old then a parent/guardian approval is needed).

* There are a number of steps below, these are not meant to be complicated and have been considered to minimise responsibility for navigators, putting responsibility on individuals. We understand you may need assistance at first and if so, please ask the club ride leaders to talk you through any necessary points. The information in bold is the key points.

Before the day of the ride

- 1) **Choose a suitable route** that can be completed in the time and at the pace advised for the ride. Create your own route or choose from the ride list on the club website. Consider a route which allows flexibility to adjust for weather conditions or incidents. Please make sure you are familiar with the route, or general area. Download the route to your navigational device or make sure you can follow it on a map.
- 2) You **DON'T** need to **post the exact route** on the club Facebook page as we only want people booked on to join the ride. However, posting a brief Facebook post about distance, average pace, whether it's hilly or flat and whether a coffee stop is planned would be useful, with a link to the nifty entries sign up page <https://chestertri.niftyentries.com/Chester-Tri-Training-Sessions>.

On the day of the ride

- 1) In the event of **extremely poor weather** (e.g. Ice, Gale force winds, forewarned exceptionally bad constant rain) **the bike lead will call of rides** posting on the navigators WhatsApp, Facebook and notifying the exec team to cancel entries through nifty.
- 2) Please **turn up on time** to welcome people and **leave promptly** at the published start time (usually 9:30am on a weekend ride)
- 3) **Gather separately** in the car park from other groups to maintain appropriate social distancing. When waiting please encourage social distancing at this point (2 meters).
- 4) **Check that everyone has signed up via nifty entries** (This is our register), if they have not, they can still sign on until 9:30am if there is space (1 navigator and 5 riders = 6 total). If there is no space, unfortunately they should not be joining as not to breach the rule of 6.
- 5) Each time at Sandy Lane car park, **ask everyone (including yourself) to sign on to the virtual google sheets form** in advance of setting off for the ride by advising them to go to <https://www.chestertri.org.uk/rideon/>. This asks for name, contact details, emergency contact number and asks whether they have Covid symptoms, stating they should not be riding if they do. Please do not post this page on Facebook in advance, to limit un-necessary checking of individuals personal data. Some members may need help or have difficulty editing the form, you may need to record their information for them on that morning. If members do not wish to share personal details, they are not required to, but this would be at their own risk. Alternatively, they may be able to identify where this information is available e.g. medical bracelet or a mobile phone SOS information.
- 6) You may choose amongst yourselves to combine groups so long as the group remains at six or fewer.
- 7) Before setting off **ask everyone to confirm that they have a face covering** and hand gel. These are both required to mitigate for less than 2 meters distancing (e.g helping with repairs or punctures, or in the event of an accident).
- 8) **Make sure that everyone is familiar with riding calls** and hand signals and protocol for riding: two abreast where safe to do so, at least one metre apart whilst looking ahead; when following leave space between the lead bike and the following bike of 2.5meters or more. When encountering other cyclists stay 20 metres behind unless able to pass swiftly; if passed by other cyclists, then fall back 20 metres immediately.
- 9) Explain that having formed groups, if people start to 'fall off the back', the pace of the group will be slowed to keep the group together. If people are too fast for the group, explain the pace that is advertised for that group.

After the ride

- 1) Please **feedback to the bike lead on how the ride went** and details of any accidents / incidents. Email: bike@chestertri.org.uk or use the navigators WhatsApp group. If you have any photos from the ride please share either on Facebook or navigators WhatsApp group for bike leads to forward on for the newsletter to promote group rides to others.
- 2) The Ride leaders will delete all the sign on information from the google sheets form each week to comply with the holding of such data.