



Community Cycle Clubs Covid-19 Engagement Toolkit

Staying in touch keeping active

As we all know, these are unprecedented times and it's never been more important to stay healthy, active and connected to our friends, family and community.

Our Community Cycling Clubs play a major role in connecting people and communities, providing people with the motivation, interest and passion to get up, get out and ride bikes with like-minded people.

At this time, when we can't ride as a group, Cycling UK wants to share with you our ideas, advice and guidance on how to keep cycling and stay in touch with your club members who are less likely to ride independently.



Planning for a solo or family ride

With group riding currently off limits, Cycling UK is encouraging all riders follow government guidelines and not meet in person for a ride. However, still riding your bike, either on a solo ride or with members of your own household, is actively encouraged and endorsed by the [World Health Organisation](#) and the national Government.

Cycling UK has produced a [comprehensive guide and FAQ](#) list that should provide you with all the advice and answers you need to continue to ride and stay fit, healthy and active during these times.



Before your ride



Check your bike:

[Follow the M Check principles](#)



Check the weather:

[Regional forecasts](#)



Let others know where you are going: Consider WhatsApp live tracking, Garmin etc.

Let others know approximately when you'll be back: Don't change your plans without letting someone know

Where to Ride



Community Cycle Clubs

Plan your route: Your usual routes may seem off limits right now due to social distancing guidelines, so it's the perfect time to explore from your doorstep and discover new routes. Have you always turned right at the junction? Do you know what's down that bridleway? Use this time to find a new route.

Find a local route:

[If you need some inspiration, we've compiled a list of our favourite routes](#)

These simple guides are also useful:

[Is it ok for me to cycle in the woods?](#)

[Can I drive somewhere to go for a ride?](#)

[How long and how often can I ride for?](#)

[Should I ride on canal towpaths?](#)

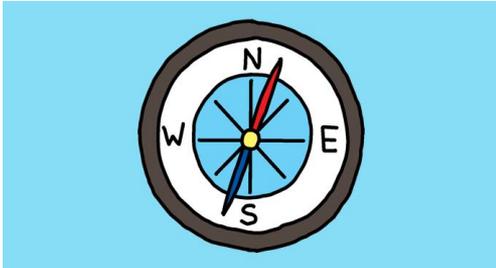


During your ride

Here are a few ideas to try, and also share with others to freshen up those local loops:



Treasure Hunt: look for local landmarks, places of interest, seasonal items or signs. Give out clues or make an online or paper map.



Explore: discover your local area, turn left where you've always turned right, however remember you'll need to find your way back and don't place yourself in any dangerous situations.



Take photos: look around and find interesting things or scenes to stop and take photos of, and don't forget to share them on Instagram or on your local Community Cycle Clubs facebook page, using #wearecyclinguk



During your ride



Keeping a log of your rides can help keep you motivated. Using a mobile app such as Strava can also link you with others, helping you stay connected during isolation and to find other routes people close to you may have done.

You could even join our [Community Cycle Club group](#). Just remember to set your [privacy zone](#)

Also remember:

[Stay safe at junctions](#)



[Top 5 safety tips](#)



[Share the road/trail](#)



How to guides

Teaching a family/household member to ride so you can ride together is a great thing to do. It leaves you feeling good and can have a really positive impact on their life too!

[How to teach an adult](#)
[How to teach children](#)
[How to ride as a family](#)



If you are riding alone, [here](#) are some great tips on how to be more confident riding solo.

Learning a new skill is equally as satisfying as passing on your knowledge. Now maybe the best time to learn some basic bike maintenance skills to [keep the wheels turning](#)

[Puncture repair](#)
[Brake adjustment](#)
[Gear adjustment](#)
[Fix a broken chain](#)
[Roadside repairs](#)



Stay connected

There are many ways to stay in touch with your riding friends and Cycling UK during this socially distant time.



West Yorkshire



Norfolk



Greater Manchester



Essex



Liverpool City Region



Portsmouth



Birmingham & West Midlands



Southampton



Click on the links in the icons below to see more from Cycling UK and to join our Community Cycle Club Strava group

