Dear members,

During these extraordinary times, looking after our health and wellbeing is vital. Brighton Mitre and British Cycling hope our members are able to stay active and healthy, whilst following government guidelines regarding no organised group activities.

Many of us are currently making good use of turbos and smart training apps such as *\** Zwift, Trainer Road etc.

Even though we are not in direct contact with our fellow members whilst using these applications they are still safeguarding measures we need to maintain:

* If U18s may be included in your activities, then you need to ensure you are following the normal guidelines and BMCC Safeguarding Policy for any contact and engagement with children/young people via social media.
* If you are setting up a closed group (Communicator/WhatsApp or Messenger etc) that involves U18s, make sure you include their parents and communicate with them all, rather than engaging in any one-to-one contact with young riders.
* Consider asking a parent(s) to be a part of any activities so that everything is kept transparent. In any case, having a second adult involved in the session would be recommended.
* Set some ground rules. Ensure appropriate language is being used and remind your group that all participants must be treated with respect. The British Cycling Code of Conduct must still be adhered to at all times.
* Be sensible and follow your usual thought process in terms of protecting both you and other riders.
* Remember, if you and your riders are joining public sessions then you have less control over the conduct of other participants.

We should also remember that the current requirements on social distancing place some individuals at risk, either of isolation and neglect, domestic violence or other forms of abuse (so keep in touch with cycling friends if you can). If you become concerned about the wellbeing and welfare of anyone that you have virtual contact with, then you should share this with the club welfare officer Suzanne Romney, email: safeguarding@brightonmitre.co.uk

And don’t forget that your local bike shop is probably open, so help to keep them in business by using them if you can.

Stay safe, and we look forward to seeing you all back out on a club ride as soon as we can.