



Ride and Stride Guidelines for 2020

Due to the strange times we are currently experiencing we expect this year's Ride and Stride to be very different. However it is more important than normal that we try and partake in some sort of event, as due to churches being closed for so long they have lost income from services and other fundraising events and buildings deteriorate when not in use. Firstly, it is worth remembering you don't need a bike to take part, you can walk between churches, use your mobility scooter or your horse!

The first change this year is that the forms have not been distributed physically – all forms are on the website www.lincolnshirechurchestrust.org.uk or can be emailed by PDF if you contact your Deanery organiser or the County organiser.

Please advertise the event to your friends and family – lots of families are cycling now and this could be a fun trip out for them, and they could raise some much-needed funds.

Once you have your sponsor form, then it is a good idea to fill in your sponsors details yourself to avoid potential cross-contamination – don't forget to tick the gift aid box if possible and complete their house number and postcode if you do.

You can still partake with members of your family or 'bubble'. If you do visit with a friend, then that is fine as long as you adhere to social distancing rules at the time. Children should always be accompanied by an adult.

On the day, be prepared for churches to be locked – many will not be able to be open but that does not matter if you have visited then note that on your form – so remember your own pens! Even if the church is open it may not be manned, and even if it is then they will probably not sign your form! Restrictions on how many can enter the church will need to be adhered to, along with guidelines on hand sanitising, (even take your own hand sanitiser), and touch as little as possible in the church.

Church toilets may not be open, and even some public toilets may not be open so plan your route carefully.

Churches are unlikely to be able to leave out refreshments – so take your own – food and drink for as long as you will be out - as cafes and pubs may also be closed or very busy.

Remember – follow government guidelines on the day – this may be different to the above!

After you have completed your day out then any sponsor money could be sent electronically to avoid contamination – both to you and by you to your local church – if you ask your parish organiser they will very likely be able to give you the church bank details. Please return all forms and money to your Deanery organiser by October 8th.

Most importantly – enjoy your day!