

COVID-19 SAFETY CHECKLIST

LAB RETURN-TO-RIDE CONSIDERATIONS

The following lists the operational adjustments that cycling events may want to consider as they return to ride during the COVID-19 pandemic. It is important to note that many of these considerations may change as government guidelines, industry standards, and guidance from medical professionals evolve. As you develop your reopening plans, it is critical that you ensure that they are compliant with federal, state, and local laws and government regulations. Additionally, it is always a good idea to review your plans with your legal counsel.

CYCLING EVENTS		
RISK FACTOR RATING		
1	Solo rides.	VERY SAFE
2	Small group rides with family members or close contacts.	LIKELY SAFE
3	Small group rides with individuals other than family members and close contacts.	CAN BE RISKY <i>Risk can be mitigated with basic risk management guidelines and procedures in place.</i>
4	Large group rides open to the general public and/or with individuals other than family members and close contacts.	RISKY <i>May not be allowed in some states and/or local jurisdictions.</i>
PARTICIPANT SCREENING		
1	All riders should be symptom free for at least 14 days prior to any ride.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
2	Consider conducting temperature checks before rides.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
3	Consider having riders complete a brief medical questionnaire. Individuals with flu like symptoms or preexisting medical conditions should be discouraged not to participate.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
PHYSICAL DISTANCING		
1	Ensure riders are aware of the proper physical distancing policies and procedures. ❖ <i>Note: USA Cycling recommends riding side-by-side or more than 20 feet behind.</i>	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
2	Riders should be encouraged not to draft and only pass other riders if necessary.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
3	Riders should maintain physical distancing during breaks.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
4	Ensure Ride Leaders brief all riders of the safety policies and procedures prior to each ride.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>

CLEANING, DISINFECTING & HYGIENE		
1	Consider ensuring all riders wear a cloth face mask during the ride.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
2	Riders should be reminded to avoid touching their mouth, nose, face, and eyes.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
3	Riders should be encouraged to wash their hands with warm soapy water for at least 20 seconds prior to the ride and carry hand sanitizers with them during the ride.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
4	Riders should avoid sharing water bottles or food.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
5	Riders should be informed not to spit on rides or around other riders.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
6	Riders should be reminded of the proper cough and sneeze etiquette.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>

ADDITIONAL NOTES: