

New 2020 DVBC Group Ride Guidelines

The following guidelines will be in place for ALL DVBC group rides beginning Oct 5, 2020:

- The safety of our riders is our first priority. Therefore, if you are sick or are feeling badly, don't ride. If you may have been exposed to COVID-19 in the past 2 weeks, get tested before you ride with a group. And of course, if you have tested positive for COVID-19, get medical advice, quarantine, and don't ride until your doctor clears you to resume group exercise activities.
- Strictly NO MORE THAN TEN RIDERS [counting the Ride Leader] will be in any one group on DVBC rides until further notice. A ride leader may choose to limit their pre-registration to fewer participants.
- The following group riding guidelines are from USA Cycling and should be reviewed before attending any DVBC ride:
 - · [Rider Checklist](#)
 - · [Group Ride Guidance](#)
- Contact tracing is important in case we have a reported positive. Only DVBC club members will be permitted to participate in our rides during the period that these guidelines are being observed. All riders will need to **pre-register** to participate in our rides, so that we can provide traceability if needed.
- Pre-registration process : **First, ALL Riders MUST be Current DVBC members who've paid their yearly dues AND have read and signed the NEW DVBC Waiver on the DVBC website PRIOR TO ATTENDING A GROUP RIDE** . Please note that our waiver has been modified to address COVID-19 health risks, so if you signed the Old version, you'll need to sign the newer one. You will have to do this once a year. **Second, ALL Riders MUST pre-register for a ride online. NO EXCEPTIONS** . This will be accomplished using a link from the ride posting on our ride calendar. If the ride is full, you may email the ride leader to see if a second leader is

available. *Cyclists who show up for a ride who haven't signed the waiver and haven't pre-registered will NOT be allowed to ride that day.*

- If you determine after the ride that you were COVID 19 positive or at risk, please contact your ride leader so we can alert others who are at risk. Anonymity will be maintained throughout this communication.
- FACE COVERINGS (masks) MUST BE WORN at the start/finish location and taken with the riders on the ride, to be worn for stops or emergency situations or anytime the 20' distance behind cannot be achieved. Additionally, Masks MUST BE WORN WHEN THE RIDE LEADER REQUESTS IT, SUCH AS WHEN GROUP RIDING IN PLACES THAT REQUIRE MASKS (such as PA state parks) OR ANY OTHER AREAS WITH SIGNIFICANT PEDESTRIAN AND/OR CYCLIST TRAFFIC. Participants must have a Buff, bandana, or mask face-cover that, when needed, can be easily pulled up over the mouth and nose while riding. Riders must wear their mask and follow other social distancing procedures when requested by their Ride Leader at rest stops, including when ride groups use a Wawa or other business location (both inside and while waiting outside for the ride to resume) at all times . The same holds for mechanical repair group stops, an accident, or any other halts in the ride longer than 2 minutes, and at the start and finish of rides.
- Whenever possible, riders should keep THREE TO FOUR BIKE LENGTHS APART when riding single file (about 20'). 20' is the distance recommended by USA Cycling. Side by side is OK if there's no traffic and if you STAY 6 FEET APART—which basically means two riders taking the whole right lane of the road. Three riders should not ride abreast. *When riders hear the "car back" call, they should all quickly form a single file, aiming for 20' apart as soon as safely possible.* No "drafting" another rider, for that puts you directly in the slipstream of the front rider's breath.
- DVBC acknowledges that the guidelines we have created are based on the best information currently available on how to mitigate exposure to COVID-19, but that, despite participants' best attempts to abide by social distancing rules on group rides, there will be lapses. Every person must

assess their own level of risk tolerance and decide when they are ready to resume group riding.

- Hand sanitizer should be brought by the riders and used often (take with you on the ride). Use the hand sanitizer at the end of the ride before you drive home.
- Ride leaders should confirm that the locations used for their ride starts are still available (don't assume they are).
- Riders must follow all the instructions the Ride leader gives. Ride Leaders have the right to tell any rider not following instructions to leave the ride. In addition, DVBC reserves the right to cancel the membership of any rider who repeatedly fails to follow our COVID-19 guidelines.
- These rules may be modified as necessary to conform to Pennsylvania state guidelines regarding outdoor recreation safety measures during the COVID-19 pandemic. These rules exist to enhance all riders' safety and security, while still allowing for fun, safe, and social rides. They will also protect those who come into proximity with our rides. They have been discussed and approved by 2020 DVBC Board members. Thank you for your cooperation.