Tulsa Bicycle Club
COVID-19 Group Riding Guidelines

The following guidelines have been established by the Tulsa Bicycle Club to ensure the safest group cycling experience for our membership during the COVID-19 pandemic. **ALL RIDERS are expected to follow these guidelines when participating in a Tulsa Bicycle Club ride.** They're good guidelines for riding any time, whether in a group or riding solo.

Be a good *cycling citizen*. You are responsible for the safety *and* health of yourself and everybody around you. If you choose to ride, behave as if you are carrying the virus, and simultaneously, as if you are not carrying it, but everyone else is.

Individual pre-ride health self-assessment

Before every ride, perform the following health self-assessment and DO NOT RIDE if you have any of the following symptoms

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Additionally, you MUST NOT RIDE if …

- … you have been tested and are positive for COVID-19.
- … you have been tested for COVID-19 but have not yet received the results.
- … you, or anyone in your household, are experiencing any symptoms associated with COVID-19.
- … you have been in close contact with someone who is suspected of being infected, or confirmed to have been infected, with COVID-19.

Whether riding alone or with a group, follow these guidelines

Maintain social distancing guidelines at all times, on and off the bike

- Health experts recommend a minimum of six feet of buffer.
- The COFID-19 virus remains airborne for some time, so you may need more than 6 feet if you're riding behind someone.
- Riding side-by-side on multi-use trails makes it hard to maintain social distancing and should be avoided.
- Be aware of other riders and pass safely with enough distance to keep both riders safe.

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- While waiting at stop lights, continue to observe social distancing rules.

Avoid multi-use trails if you are comfortable riding on roads, especially when trails are crowded.

- Because bicycling has been promoted as a "safe" activity, many novice cyclists are taking to multi-use trails which is increasing the chances of accidents.
- When the trails are full of inexperienced users, it is difficult or impossible to maintain social distancing.
- Caution riding on roads. Although there are fewer cars, this can lull you into feeling safer, and the drivers on roads can be stressed and distracted.

Let family members or emergency contacts know your route and when you will be home.

- Set up a "ride tracker" if you have one.
- Carry a mobile phone and enter the emergency contact information in your phones app for same to assist first responders should you have an accident.

Carry your own food and water rather than stopping at grocery stores, as this will decrease the likelihood of spreading the virus and avoid straining these shared resources.

Carry everything you would need to address mechanical problems, such as a flat tube or tire. Carry a spare tube, tire tools, and either CO_2 cartridge inflator or pump.

Avoid bathroom stops by planning your ride appropriately. Many public bathrooms and parks are now closed.

- Use sterilizing hand wipes, hand sanitizer, or a clean cloth, to open doors.
- If you absolutely have to stop at a restroom, wash your hands before using the facilities (to avoid spreading the virus if you happen to be a carrier) and after (to avoid picking up the virus).

Don't spit or blow "snot rockets."

- Carry tissue or a handkerchief if needed, and carefully dispose of tissues.
- Handkerchiefs, gloves and sleeves attract germs; isolate them and wash them after every ride.

Ride slower and more cautiously. Heed stop signs. Avoid door zones. Use your lights during daytime. Wear your brightest, contrasting colors. Use a mirror and check it periodically. In other words, **RIDE SMART**.

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Ride Safe, Ride Smart!