

Mitigation Measures for Reducing COVID-19 Risk at SCU Rides

Key Points for Everyone to Know

- **We are all responsible to each other to avoid getting the virus and giving the virus.**
- In outdoor settings the virus spreads primarily through personal contact and droplets.
- COVID-19 symptoms include fever, chills, fatigue, coughing, upper respiratory symptoms, body aches, and loss of taste or smell. The virus can spread while you don't have symptoms, so you should behave as if either you or your riding friends are infected.
- Zero risk is impossible to achieve, but spread of the virus can be controlled.
- **The recommended group size is ten or fewer riders.**

Measures for All Riders

- **Please stay home or ride alone if you have any COVID-19 symptoms or if you have been exposed to someone who has or may have COVID-19.**
- **If you develop COVID-19 symptoms shortly after a ride, please contact the ride leader or the SCU Ride Director at rides@suburbancyclists.org.**
- Please RSVP via Meetup. This helps the ride leader plan managing the group size. Offer to co-lead if the group size exceeds ten.
- Use hand sanitizer before handling the sign-in sheet pen or ask the ride leader to sign you in.
- Practice social distancing before and after the ride, and during the rest stops. No handshakes, fist bumps or hugs. Quick elbow taps are best if you simply cannot resist the urge to touch.
- Bring a mask, buff or bandana to wear at stops. Hand sanitizer is a good idea, too. You may wear the mask while riding if you wish. Avoid touching your face without washing or disinfecting your hands first.
- Do not share water bottles or food.
- Ride side-by-side or twenty feet behind, farther is better. There is no definitive safe following distance.
- If you need to sneeze, cough, clear your nose, etc., drop back or pull well to the side of the group so nobody is in your slipstream.
- After every ride wash your hands and disinfect your bike and gear, especially the contact surfaces.

Measures for Ride Leaders

- **Ask someone in advance to be ready to co-lead if the group size exceeds ten.** Stagger the start times of each sub-group by several minutes so they don't unintentionally re-group.
- Please feel free to purchase hand sanitizer for use at club rides. The club will reimburse you. Offer to sign-in people if hand sanitizer is unavailable.
- Please make non-members aware of these mitigation measures (having a printed copy on hand is a good idea).
- Set a pace that allows riders to stay with the group without the need for drafting or pacelining. If overtaking a slower individual rider or group of riders, encourage your group to leave a large 'social distance' as you pass.
- Plan uncrowded start locations where it is easier to social distance. Please do not start rides at locations that have been officially closed to us (HHHS and CoS in particular).
- Ask riders to leave the group if they are irresponsible in observing mitigation measures.
- If you feel the need for additional mitigation measures beyond the above, explain them clearly in your ride description. This includes things like a smaller number of riders or greater following distance.
- If a rider reports they developed COVID-19 symptoms shortly after your group ride, please the Ride Director at rides@suburbancyclists.org for guidance.