

PMBC COVID-19 SAFETY CHECKLIST

LEAGUE of AMERICAN BICYCLISTS RETURN-TO-RIDE CONSIDERATIONS

The following lists the operational adjustments that cyclists may want to consider when returning 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.

CYCLING		
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 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 group ride.	
2	All riders should be free from being exposed to a known COVID-19 case for 14 days prior to any group ride.	
3	Take your temperature before group rides. If it is above 99 degrees, don't ride.	
4	Individuals with flu like symptoms or preexisting medical conditions are discouraged from doing group rides.	
PHYSICAL DISTANCING		
1	USA Cycling recommends riding side-by-side or more than 20 feet behind	
2	Riders should not draft; only pass other riders if necessary.	
3	Maintain physical distancing during breaks.	
CLEANING, DISINFECTING & HYGIENE		
1	Consider wearing a mask and avoid touching your mouth, nose, face, and eyes.	
2	Wash your hands with warm soapy water for at least 20 seconds prior to the ride and carry hand sanitizers with you during your ride.	
3	Do not spit during rides or around other riders. Avoid sharing water bottles or food.	
4	Cover your mouth and nose with a tissue when sneezing or coughing, then discard tissue.	

Adapted from <https://americanspecialty.com/lab/covid-19-return-to-ride-cycling-checklist.pdf>

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