



TEAM/CLUB GUIDELINES TO CONSIDER

ALL PARTICIPANTS MUST/SHOULD

- Self-monitor for signs and symptoms of COVID-19 and be clear of these for the previous 14 days.
- Self-conduct a temperature check before participating.
- Not have traveled extensively, or to an area with a high incidence of COVID-19.
- Not be in a group that is at high-risk if exposed to COVID-19, or in regular contact with anyone who is.
- Carry and/or wear a face covering depending on the type of ride, prevalence of local community spread, weather conditions and size of the group.
- Carry hand sanitizer.
- Come prepared to be self-sufficient with food and drink, as well all tools, equipment and clothing needed so as not to have to share.

PRACTICES

- Consider ride types that limit the need to draft. MTB and gravel are examples.
- Limit stops to resupply. When stopping respect social distancing, wear a face covering and wash your hands.
- Meet any required group size requirements as set by your local community.
- Meet in areas that lessen your exposure to others.
- Bring all necessary supplies (tubes, CO2/bike pump, tire levers, etc) to fix or support your ride, and do not assist others in handling of their equipment while fixing any mechanical issue.
- Dial back the intensity of the ride so that the exertion levels reduce risk of transmission.