



GROUP RIDE SCENARIOS

SCENARIO 1

You have been staying at home and working from home for weeks. You decide to go for an hour-long road ride on the quiet country roads near your house.

This is very low risk from a COVID-19 perspective. You will not be interacting with others during the ride. You should consider at least carrying a face covering and hand sanitizer in case you need to interact with anyone.

SCENARIO 2

You have been staying at home with your spouse, and the two of you decide to go for a mountain bike ride together on the local trail system at mid-day on a weekday. You expect to see a few hikers while you are out.

The risk here is higher than riding alone, but not because you are riding with your spouse. The elevated risk comes from the interactions with others.

Possible Mitigation: *Avoid interaction with others while on the trail by pulling over and letting them by at a safe distance. If driving to the trails, park away from others. Consider a face covering before, during or after your ride.*

SCENARIO 3

Your club is holding a small group ride with ten or less people, who you know at least in passing. The road ride will be three hours and will stop to regroup and have snacks at a gas station at the halfway point.

The risk here is higher than riding with someone you have been living with and know the health history of. You do not know who may or may not be protecting themselves. You will also be stopping at a public location.

Possible Mitigation: *You might consider having club policies in place to require ride participants to follow guidelines while riding. You should consider a face covering while riding, and especially when stopped at a store. Use care when stopped, and make sure you wash or sanitize your hands. Do not share bottles or food with anyone else. [Utilize the Rider Checklist](#)*

SCENARIO 4

You are considering heading out to do the local “Tuesday Night Worlds”. This is a road ride with over 50 people that meets once a week and does a hard 1.5-hour ride through the suburbs near the city you live in. It attracts both local riders, and people who are visiting from out of town.

The risk here is more substantial than any other scenarios based on the following: exposure to a group with unknown risk factors, proximity to riders in a pack, riders from outside of your community, (possible) participation in an area with community spread. Depending on the local situation you may also be out of compliance with local regulations on group size.

Possible Mitigation: *This scenario holds the highest risks of those shown. You would be wise to follow the most stringent mitigation efforts possible, and consider not attending if you are worried about contracting COVID-19. It is likely that such a ride would violate local policies or guidelines if held in a location with widespread community spread and/or restrictions on gatherings.*