RIDER RECOMMENDATIONS

BEFORE ATTENDING A CYCLING EVENT

☑ Know how COVID-19 spreads
☑ Know the symptoms of COVID-19
☑ Don’t travel if you are sick or are with someone who is sick
☑ Determine if you are at higher risk for severe illness and if you are, don’t travel
☑ Consider the possible risks you might encounter during travel
☑ Consider who you are traveling back to and what risk you might be exposing them to. Is anyone considered high risk that you will be returning to?

TRAVELING TO & ATTENDING EVENT

☑ Wash your hands often with soap and water for at least 20 seconds (or alcohol based sanitizer with at least 60% alcohol)
☑ Avoid close contact with others (maintain 6’ social distancing)
☑ Cover your mouth and nose with a cloth face cover when around others
☑ Cover coughs and sneezes
☑ Clean and disinfect everything
☑ Avoid touching your eyes, nose, or mouth with unwashed hands
☑ Bring all necessary liquids and foods to be able to provide for yourself