



TEAM/CLUB GUIDELINES TO CONSIDER

The following is a list of guidelines and requirements that a club, team or other group may consider implementing when considering participating in group activities. Remember that all activities must meet requirements as set forth by local governments and health departments.

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.

Implementation of the practices below may be considered to help reduce risk on a group ride.

- 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.

Teams, Clubs and other groups considering group rides should know and abide by all local requirements and guidelines for group activities.
