



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