



# GROUP RIDE RECOMMENDATIONS

## Key Principles to Understand

- The virus that causes COVID-19 is easily spread, but also controllable.
- COVID-19 is similar to influenza, not measles or chickenpox.
- The virus is primarily spread through direct contact and droplets.
- Aerosolized spread may be possible but is much more likely in enclosed spaces.
- On bike, outdoor activities are probably the lower risk of infection. So pay at least as much attention to the off bike activities.
- You have the responsibility to not spread the virus and to not contract the virus.
- Vaccination is now widely available in the US

## Are Group Rides Safe?

- Solo rides are safer than group rides.
- Small group rides with close contacts or vaccinated riders are safest.
- Group rides with individuals other than close can be mitigated with some simple behavioral changes (see below).



## How do we make training/group rides safer?

### The Who:

- All riders should be [symptom](#) free for 14 days.  
*Fever, chill, fatigue, cough, upper respiratory infections symptoms, body aches, loss of smell or taste.*
- The days of going to work or the group ride when you are feeling sick are over. Stay home, train solo.
- Riders who have [risk factors](#) for contracting the virus should consult with their doctor.  
*People age 65+, those with pre-existing conditions or who are immunocompromised.*
- All riders who have engaged in an activity that puts them at risk should not participate.  
*Contact with known or suspected COVID-19 patients, lack of vaccination.*
- Those who are able should strongly consider vaccination.



# GROUP RIDE RECOMMENDATIONS

## How do we make training/small group rides safer?

### The How:

- Assume that **you have** the virus and don't spread it to the other riders.
- Wear a cloth mask when off the bike to prevent droplet spread.  
*This is not intended to filter the air, just contain droplets.*
- Bring a spare mask.
- Reduce droplets: if you have to sneeze, cough, blow your nose, etc. drop back and ensure that no one is in your slip stream.
- Distance: ride side by side or more than 20 feet behind.
- The farther away the better, but with a mask and low risk riding partners, distances of 20 feet are likely safe.
- Those who are able should get vaccinated.
  
- Assume that **other riders** have the virus and don't catch it from them.
- Wear a mask to prevent you from touching your mouth, nose, face or eyes.  
*Not intended to filter the air.*
- No contact: no passing of water bottles, food, etc.
- Clean your hands before eating, touching your face, etc.  
*Hand sanitizer is very effective and easily transported.*
- Clean equipment after the ride.  
*Disinfectant wipes, soap and water, 70% isopropyl alcohol all work.*