

Cycling Club Transitional Guidelines

Revision Date: May 8, 2020

The following guidelines apply:

1. Group rides will be led by a leader, who also serves as the ride monitor. Ride leaders/monitors wear a rearview mirror that allows them to see the activity behind them. The ride leader/monitor serves to remind others of the guidelines.
2. Group rides are limited to no more than 10 riders. If more than 10 riders show up for a scheduled group ride, the group will be divided into multiple groups of 10 or less, and a leader/monitor will be designated for every group created. If all groups are traveling the same route, there will be a distinct lag time between groups.
3. At the meeting location, social distancing of 6-feet apart will be required and monitored by the assigned group leader. Riders must observe social distancing at the meeting point.
4. During the ride, social distancing of at least 6-feet between riders will be practiced. Dependent on the speed of the ride, this distance could be as much as 20-feet. Each rider will carry a mask, disposable gloves and sanitizer in his/her kit.
5. Wearing a mask is a personal option (According to sports medicine professionals, wearing a mask during a ride is ill-advised due to the build up of heat around the nose and mouth, and the restriction of oxygen.)
6. Riders will avoid riding on particularly crowded or narrow roads that could make it a challenge to spread out. When single file is required, riders will double the social distancing to 12-feet.
7. Spitting or clearing sinuses is prohibited at all times.
8. Riders with symptoms of illness are not allowed to participate in group rides. Any rider exposed to someone with the COVID-19 virus cannot participate in rides for 14 days. If you feel ill in any way, stay home.
7. Riders cannot share food, water bottles, tools or equipment. You must bring your own food and beverage to the group ride. We will not be going into convenience stores for food or water.
8. After the ride, riders should clean their cycling kit with sanitizer, including any cycling-specific equipment such as gloves, sunglasses, helmets, or other wearables. Put apparel including sun sleeves and leg warmers in the washing machine.
8. Riders must be able to change their own flats and make minor repairs. If assistance from other riders is required, all equipment must be wiped down with sanitizer before starting repairs and again after the repairs are done. Riders involved with the repairs must wear a mask and disposable gloves. After the repair is complete, the gloves must be removed and placed in a separate storage container/bag to dispose of them in a proper receptacle.