

**This is from our ECC Insurance Company
Suggested Guidelines for Cycling & Club Rides
And
Suggested Guidelines from USA Cycling
Please do your best to Respect Your Fellow Club Members**



COVID-19 RETURN TO RIDE CONSIDERATIONS

The following lists the operational adjustments that cycling events may want to consider as they return to ride during the COVID-19 pandemic. It is important to note that many of these considerations may change as government guidelines, industry standards, and guidance from medical professionals evolve. As you develop your reopening plans, it is critical that you ensure that they are compliant with federal, state, and local laws and government regulations. Additionally, it is always a good idea to review your plans with your legal counsel.

CYCLING EVENTS

| RISK FACTOR RATING | | |
|--------------------|--|--|
| 1 | Solo rides. | VERY SAFE |
| 2 | Small group rides with family members or close contacts. | LIKELY SAFE |
| 3 | Small group rides with individuals other than family members and close contacts. | CAN BE RISKY <i>Risk can be mitigated with basic risk management guidelines and procedures in place.</i> |
| 4 | Large group rides open to the general public and/or with individuals other than family members and close contacts. | RISKY <i>May not be allowed in some states and/or local jurisdictions.</i> |

| PARTICIPANT SCREENING | | |
|-----------------------|---|---|
| 1 | All riders should be symptom free for at least 14 days prior to any ride. | Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/> |
| 2 | Consider conducting temperature checks before rides. | Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/> |
| 3 | Consider having riders complete a brief medical questionnaire. Individuals with flu like symptoms or preexisting medical conditions should be discouraged not to participate. | Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/> |

| PHYSICAL DISTANCING | | |
|---------------------|---|---|
| 1 | Ensure riders are aware of the proper physical distancing policies and procedures. ❖ <i>Note: USA Cycling recommends riding by side or more than 20 feet behind.</i> | Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/> |
| 2 | Riders should be encouraged not to draft and only pass other riders if necessary. | Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/> |
| 3 | Riders should maintain physical distancing during breaks. | Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/> |
| 4 | Ensure Ride Leaders brief all riders of the safety policies and procedures prior to each ride. | Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/> |

| CLEANING, DISINFECTING & HYGIENE | | |
|----------------------------------|--|---|
| 1 | Consider ensuring all riders wear a cloth face mask during the ride. | Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/> |
| 2 | Riders should be reminded to avoid touching their mouth, nose, face, and eyes. | Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/> |
| 3 | Riders should be encouraged to wash their hands with warm soapy water for at least 20 seconds prior to the ride and carry hand sanitizers with them during the ride. | Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/> |
| 4 | Riders should avoid sharing water bottles or food. | Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/> |
| 5 | Riders should be informed not to spit on rides or around other riders. | Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/> |
| 6 | Riders should be reminded of the proper cough and sneeze etiquette. | Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/> |

USA Cycling Coronavirus Update

June 1, 2020

As state and local governments have begun to roll out plans to reopen, USA Cycling will be ending its total ban on event permits on May 31. Event organizers will now be able to work with their local permitting agencies to plan their events based on local requirement and guidelines. USA Cycling has assisted in this effort by creating a guide featuring suggestions and practices to help assess and mitigate risk at events. The Returning to Riding and Racing toolkit is available to the entire cycling community and may be found [here](#). USA Cycling also continues to require that sanctioned events obtain any required local permits and permissions, as well as follow all local and regional health policies and regulations.

With the cancellation and postponement of traditional events, many organizers and riders are looking at options to participate in organized events while respecting the challenges of doing so during the COVID-19 pandemic. At the request of several organizers, USA Cycling has begun to sanction several different types of virtual and challenge events, providing insurance protection for organizers and members looking to participate in these alternative events. Organizers interested in this service may contact the USA Cycling Event Services Department at eventservices@usacycling.org.

USA Cycling looks forward to working with the entire cycling community in returning to riding and racing in a manner which protects our participants, events and host communities.



These are from USA Cycling Website

www.usacycling.org

Please visit this site for guidelines and updates.



TEAM/CLUB GUIDELINES TO CONSIDER

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.

PRACTICES

- 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.



GROUP RIDE RECOMMENDATIONS

KEY PRINCIPLES TO UNDERSTAND

- ☑ The virus that causes COVID-19 is easily spread, but also controllable.
- ☑ 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.

ARE GROUP RIDES SAFE?

- Solo rides are safer than group rides.
- Small group rides with close contacts are likely safe.
- Small group rides with individuals other than close contacts can be risky, but that risk can be mitigated with some simple behavioral changes (see below).
- Large group rides with people that you don't know are not recommended currently.



HOW DO WE MAKE TRAINING / SMALL GROUP RIDES SAFER?

- ☑ **WHO**
 - All riders should be symptom free for 14 days
 - Symptoms = fever, chill fatigue, cough, URI symptoms, body aches, loss of smell or taste.
 - The days of being a "hard man" and going to work or the group ride when you are feeling sick are over. Stay home, train solo.
 - All riders should be free of risk factors for contracting the virus.
 - Travel to area of spread, contact with known or suspected COVID-19 patients.



GROUP RIDE RECOMMENDATIONS

HOW DO WE MAKE TRAINING / SMALL GROUP RIDES SAFER?

☑ HOW

Changes in behavior to make the ride safer

- Principle: Each rider has 2 responsibilities:
 - Assume that **you have the virus** and don't spread it to the other riders
 - ◆ Mask: wear a cloth mask 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.
 - Assume that **other riders have the virus** and don't catch it from them.
 - ◆ 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



GROUP RIDE SCENARIOS

SCENARIO 1

You have been staying at home and working from home for weeks. You decide to go for an hour-long road ride on the quiet country roads near your house.

This is very low risk from a COVID-19 perspective. You will not be interacting with others during the ride. You should consider at least carrying a face covering and hand sanitizer in case you need to interact with anyone.

SCENARIO 2

You have been staying at home with your spouse, and the two of you decide to go for a mountain bike ride together on the local trail system at mid-day on a weekday. You expect to see a few hikers while you are out.

The risk here is higher than riding alone, but not because you are riding with your spouse. The elevated risk comes from the interactions with others.

Possible Mitigation: *Avoid interaction with others while on the trail by pulling over and letting them by at a safe distance. If driving to the trails, park away from others. Consider a face covering before, during or after your ride.*

SCENARIO 3

Your club is holding a small group ride with ten or less people, who you know at least in passing. The road ride will be three hours and will stop to regroup and have snacks at a gas station at the halfway point.

The risk here is higher than riding with someone you have been living with and know the health history of. You do not know who may or may not be protecting themselves. You will also be stopping at a public location.

Possible Mitigation: *You might consider having club policies in place to require ride participants to follow guidelines while riding. You should consider a face covering while riding, and especially when stopped at a store. Use care when stopped, and make sure you wash or sanitize your hands. Do not share bottles or food with anyone else. [Utilize the Rider Checklist](#)*

SCENARIO 4

You are considering heading out to do the local "Tuesday Night Worlds". This is a road ride with over 50 people that meets once a week and does a hard 1.5-hour ride through the suburbs near the city you live in. It attracts both local riders, and people who are visiting from out of town.

The risk here is more substantial than any other scenarios based on the following: exposure to a group with unknown risk factors, proximity to riders in a pack, riders from outside of your community, (possible) participation in an area with community spread. Depending on the local situation you may also be out of compliance with local regulations on group size.

Possible Mitigation: *This scenario holds the highest risks of those shown. You would be wise to follow the most stringent mitigation efforts possible, and consider not attending if you are worried about contracting COVID-19. It is likely that such a ride would violate local policies or guidelines if held in a location with widespread community spread and/or restrictions on gatherings.*

Best Practices ECC Group Riding Guidelines

Background Information from USA Cycling

- Small group rides with close contacts are likely safe.
- Large group rides with people that you don't know are currently not recommended.
- The virus is primarily spread through direct contact and droplets. It does not appear to be spread by perspiration. Aerosolized spread may be possible but is much more likely in enclosed spaces.

Rules for Group Riding in the COVID-19 environment

- Do not come to a ride unless you have been symptom free for at least 14 days.
- **Symptoms:** Fever, Chills, Fatigue, Cough, Upper Respiratory Infection, Body Aches, Loss of Smell Taste
- Do not come to a ride unless you are free of all risk factors for contracting the virus in the past 14 days.
- Risk Factors include travel to an area with high incidence of COVID-19 and/or contact with known or suspected COVID-19 patients.
- Do not come to a ride if you have been tested for the virus and have not received your results.
- Before coming to a ride, conduct a temperature self-check before departing. Do not participate if your temperature is higher than normal for you.

Guidelines to Follow on Club Rides

- Assume that you may be contagious and take constant action to not spread germs to other riders.
- Practice social distancing
- Do not touch your face
- Consider a mask if you are closer than 6 feet to anyone, especially in convenience stores
- Cover coughs and sneezes no matter how close anyone is to you
- Do not loan bike pumps, share items, or give/take water or food to/from anyone.
- Provide these items for yourself 100%
- Bring small hand sanitizer and use it! Please.

When Riding

- Ride in sub groups of 6 people or less: A / A- / B+ / B / B- / C
- Attempt to maintain at least one bike length between riders, preferably more
- Reduce droplets: if you have to sneeze, cough, blow your nose, etc. then move somewhere so that no one is even close to your slip stream. Move out of the peloton.
- Ride side by side if conditions permit. This may only be possible on quiet roads.
- Bring a mask and hand sanitizer in your jersey pocket.
- Bring all necessary supplies (tubes, CO2/bike pump, tire levers, etc.) to support your ride and do not assist others in handling of their equipment while fixing any mechanical issue unless they cannot fix it themselves.

Respectful of Others

- While some people may not be that concerned over the risk of COVID-19, others may be very concerned. Please be respectful of all perspectives and do your best to adhere to our guidelines. **Thank you & Great Cycling, Christian**