

COVID GUIDELINES FOR CLUB RIDES 2021

As we start to ride again in groups as a club there are some questions we should all give some thoughtful attention to concerning covid-19.

- Am I comfortable riding in a group with others I haven't been in contact with?

Solo rides are safer than group rides.

Small group rides with close contacts are likely safe.

Small groups rides with individuals other than close contacts could be risky.

You will need to take steps to mitigate the risks

- Am I or anyone I have contact with part of an at risk population?

If any member feels it is unsafe or unhealthy to ride with the club at this time please don't participate. We want you back but we're willing to wait for you. When you feel good about joining back in we'll be here.

To better partner with all our members in these unprecedented times we are suspending the competitive top mileage awards for 2021. We will continue tracking and recording your club mileage for individual awards. We feel this is not the time to have the pressure of competition, rather a genuine concern for the well being of all our members. We hope everyone understands and shares our concerns for all of our friends.

The Louisville Bicycle Club will be taking these steps on all group rides to lower the risk of infection by covid-19.

- All rides will meet in areas that lessen your exposure to others.
- All rides will have a gps file attached to our ride calendar. Please download the route to your gps unit and/or print your own cue sheet.

The Louisville Bicycle Club is asking you, our members to take these steps on all group rides to lessen the risk of infection by covid-19.

- Self monitor for signs and symptoms of covid-19 and be clear of these for the previous 14 days.

Signs and symptoms of covid-19 per the Centers for Disease Control and Prevention.

1. Fever or chills
2. Cough
3. Shortness of breath
4. Fatigue
5. Muscle or body aches

6. Headache
7. New loss of taste or smell
8. Sore throat
9. Congestion or runny nose
10. Nausea or vomiting
11. Diarrhea

- Self conduct a temperature check prior to participating.
- Wear a mask pre and post ride and consider wearing during the ride if possible.
- Carry hand sanitizer.

Social distancing

Pre ride

- Pre load the gps file or pre print your own cue sheet or both. Gps units can fail.
- Stay near your auto or if you rode your bike to the ride (YAY!) stay at least 6 feet apart from others.
- Wear a mask
- Don't share anything with others
- Use hand sanitizer

Ride

- Ride in small groups. Preferably 6 or less
- Increase distance while riding. 6 feet is the minimum. Ensure distancing at stops eg stop lights, signs etc.
- Leave the parking area with 2 minute intervals between small groups.
- If you come up on another group that has close to 10 you should slow down or roll through being sure not to merge into that group.
- Reduce droplets. If you have to sneeze, cough, blow your nose etc. drop back and be sure no one is in your slipstream.
- Share the road. With distancing our groups will be spread out more than usual. Let's be cognizant of the impact we may be creating for other road users. Courtesy works both ways. We can be proactive in our interactions with other types of vehicular traffic and pedestrians.

Post ride

- If you plan on a post ride gathering please have a meeting place pre arranged and continue to follow CDC guidelines.

It's going to continue to look a little different for 2021 but we're looking forward to riding again with our friends that feel comfortable with the precautions we all must take. Whether you decide to join a group ride or continue to ride solo or your own friend group let's make the best of our great cycling season of 2021.

Sincerely

The Louisville Bicycle club Executive Committee

Jeff White-President

Amelia Dauer-VP/Touring

Bekki Livingston-Secretary

David Wittry- VP/Education

Steven Jent- VP/Advocacy

Katie Rowe- VP/Communication

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