



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