

## COVID-19 Group Ride Information and Guidelines

As a member of the club, you have the responsibility not to spread the virus, and not to contract the virus.

TN guidelines currently limit the number of a group to 10.

VBC will limit club activities to members only.

### Risk Level

- Solo rides are safer than group rides.
- Small group rides with close contacts are likely safe.
- Small group rides with acquaintances can be risky.

### Riding in a Group (2 or more)

- All riders should be symptom free for 14 days.
- Stay home if you feel ill.
- All riders should be free of risk of contracting the virus (ie, contact with known or suspected COVID-19 folks, or travel into a high risk area.)
- Assume you have the virus and take measures not to pass it on:
  - Wear a mask if necessary. Bring a spare. They get nasty.
  - If you have to cough, sneeze, blow your nose, spit, drop out of the group to do so.
  - Ride side by side, or 20 feet behind.
- Assume that other riders have the virus and don't catch it from them:
  - Wear a mask if necessary. It will prevent you from touching your face.
  - No contact: bottles, food, tools. Don't share anything.
  - Clean your hands before eating or touching your face.
  - Clean your bike and equipment after the ride. (disinfectant wipes, soap and water. 70% alcohol)
- Gathering before the ride:
  - Choose a start area that is open and low foot traffic.
  - Park every other space.
  - Maintain 6 feet.
  - Bring all necessary liquids, foods, tools, equipment to provide for yourself.
  - Wear a mask during prep if necessary.
  - If using the facilities, wash/disinfect your hands before and after.
- Equipment/Supplies:
  - Do not assume you have access to a store during the ride. Bring everything you need for a ride as if you are riding solo.
    - Checklist:
      - Mask (2)
      - Hand Sanitizer, Disinfecting Wipes
      - Floor Pump
      - Helmet, Shoes
      - Gloves, Eyewear
      - Socks :D
      - Vest, Jacket
      - Jacket
      - Wheel :D
      - Tube, CO2 w/ Pump, Multi-Tool
      - Food & Hydration
      - Post Ride Hydration/Food