

## **Temporary Precautions for BIKES Club Rides During the COVID-19 Crisis**

Some of these precautions will temporarily override other information on these web pages.

**Update for February 15<sup>th</sup>, 2021:** Washington state approved new [Outdoor Recreation COVID-19 Requirements](#) on January 11<sup>th</sup>, 2021 that set requirements for outdoor activities such as bicycle club rides. **BIKES Club has set a club limit of 8 maximum (or less) riders per group including the Ride Leader.**

- BIKES Club rides are temporarily for BIKES Club members only.
- Rides on the Calendar page will be visible for the Public to see our activities and perhaps join.
- **All rides require online registration as described in the ride posting.**

### **BIKES Club Rides During the COVID-19 Crisis**

The following precautions should be understood by all BIKES Club riders and Ride Leaders to help ensure the health and safety of everyone involved.

**We all need to be vigilant in maintaining good social distancing of 6 feet or more between each other with all activities until further notice.** The primary social contact opportunities during a bike ride are check-in, traffic stops, and rest stops where social distancing of at least 6 feet is needed. Social distancing during a ride is easy when at least three (3) bike lengths of open space between bikes is maintained.

**If you do not feel well, please stay home.** Riders must not have any COVID-19 symptoms as identified by the [CDC](#).

Riders shall bring for themselves:

- Hand sanitizer.
- Face mask for areas where required or when desired.

Ride Leaders for all BIKES Club rides shall:

- **Limit each ride group to not more than 8 members, including the Ride Leader, per the ride posting.**
- Online Registration has the electronic waiver and provides a record of who was on that ride which can be used for contact tracing purposes if a rider is later diagnosed with COVID-19.
- Club insurance is in effect when legal and club requirements are being met.
- Club insurance covers medical bills resulting from athletic injuries on a BIKES Club ride and do not cover illness/sickness/disease.
- Ride Leader is responsible to know and follow restrictions in counties, states, etc. the ride will go through.
- Ride Leader shall “check-in” riders at the ride start or later within a week.
- In the pre-ride briefing include stating:
  - The importance of maintaining social distance of 6 feet while stopped and at least three (3) bike lengths between bikes while riding.
  - No spitting and cover all nose blows, coughs and sneezes when anyone is behind while rolling or downwind when stopped.

These precautions will continue until the COVID-19 situation subsides.

Have a great ride!

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