

## **Temporary Phase 2 Precautions for BIKES Club Rides During the COVID-19 Crisis**

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

### **BIKES Club Return to Riding**

Update for June 6<sup>th</sup>, 2020: Snohomish County was approved yesterday to go into Phase 2 of "[Safe Start Washington](#)". BIKES Club rides can start again with no more than 5 people per ride group as outlined below to comply with temporary government restrictions. Be aware there are many differences from the "old normal":

- BIKES Club rides are temporarily for BIKES Club members only.
- The Calendar will only be visible to BIKES members who are logged in.
- The Calendar will be updated Sunday June 7<sup>th</sup> with the rides previously sent in for June.
- All rides are RSVP to help ensure only 5 per ride group, including the Ride Leader.
- Closed: most park restrooms, water fountains and parking at some parks.
- Food establishments can reopen at reduced seating capacity, lines are likely.
- Some establishments may require face masks to enter.

### **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 will 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 sign-in, traffic stops, rest stops, and food stops where social distancing of 6 feet or more is needed. Social distancing during a ride is easier when at least three (3) bike lengths or more of open space between bikes is maintained. **If you do not feel well, please stay home.**

BIKES Club rides are for BIKES Club members only. Riders must feel well and not have any COVID-19 symptoms as identified by the [CDC](#). All BIKES Club rides require RSVP to the Ride Leader as identified in the ride posting. Signing the Ride Sign-In Sheet is required to participate in BIKES Club rides.

Riders shall bring for themselves:

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

Ride Leaders for all BIKES Club rides shall:

- **Limit each ride group to 5 total people, including the Ride Leader** per the requirements of Washington's Phased Approach. RSVP ride postings are required on a first come, first served basis to help manage the 5-person limit no later than the day before the ride as identified in the ride posting. RSVPs are for a specific ride.
- If there are more than 5 people the group may be split during the RSVP period if another Ride Leader is willing to lead a separate ride.

- Each Ride Leader shall have a Ride Sign-up Sheet, pen, sealable plastic bag, and hand sanitizer.
- Be aware the Ride Sign-up Sheet has the waiver and provides a record of who was on that ride. Ride Sign-up Sheets can be used for contact tracing purposes if a rider is later diagnosed with COVID-19, and to show there were no more than 5 people on the ride.
- Be aware our club insurance is in effect when legal requirements are being met.
- Be aware our club insurance cover 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 other counties, states, etc. the ride will go through.
- After sign in is complete, the Ride Leader should seal the sign-in sheet, and the Ride Leader's ink pen if it was shared, in a sealable plastic bag, then sanitize their hands.
- In the pre-ride briefing include stating:
  - After sign-in riders should use hand sanitizer or wash their hands with soap and water.
  - The importance of maintaining social distance of 6 feet while stopped and at least three (3) or more 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.
- After the ride, the Ride Leader should treat the Ride Sign-In Sheet and shared pen as contaminated with hand sanitizing after handling the form, or better yet leave it in the sealed bag for at least 5 days.
- Ride Leader shall keep the Ride Sign-In Sheet for at least 5 days before sending to the BIKES Club President.

I know this is all very inconvenient, but this appears the best way to restart our BIKES Club rides. These precautions will continue until Phase 3 allows groups of up to 50 people.

Have a good ride!

Rick Proctor  
President, BIKES Club of Snohomish County