

Guidelines for Group Riding during Covid-19

The following rules are meant to minimize the risk of infection during Club rides, but no rules can guarantee that infection will not occur, so it is each member's individual responsibility to decide to participate or not. The Club does not imply or guarantee the safety from infection of any ride participant.

The Cyclonauts, at the discretion of the Board, may modify these rules or shut down group rides with no prior notice if problems should arise.

General -

- Do not attend a ride if you are experiencing any symptoms of the Covid-19 disease
- Ride leaders must provide cue sheets. Cue sheets should have designated regroup points where there is sufficient space for social distancing (6ft) and rides should not start at the ride leader's house.
- Rides are limited to 10 participants. Interested participants must email to spfldcyclonauts@gmail.com to sign up by Thursday prior to each ride. Slots will be filled on a first come, first serve basis. If more than 10 people sign up for a ride they will be notified that the ride is full.
- All rides to begin at 9:00am or later
- We strongly recommend against carpooling.
- No restaurant stops (participants should have breakfast at home prior to ride and bring their own snacks as needed)
- All participants to have face masks and antiseptic hand wash available for use

Pre-Ride and Post-Ride -

- Face masks should be worn and social distancing observed when preparing bikes, getting pre-ride instructions, and when packing up bikes and saying goodbyes.
- Cue sheets should be placed on a car windshield so they can be taken by each rider individually (ie not handed out by the ride leader).

Ride -

- Face masks can be removed when the bike ride is underway but should be worn during extended stops if 6 feet distance can not be maintained between riders. Bike trails should be avoided but if necessary, masks must be worn while on a trail.
- Appropriate distancing (about 30 feet or 5 bike lengths) should be maintained between cyclists at all times, drafting is prohibited. Faster riders should depart first.
- When overtaking another cyclist (on the left only) it should be done quickly and the overtaking rider should reestablish the appropriate distancing (about 30 feet)
- Two abreast riding should be avoided.