



# GROUP RIDE RECOMMENDATIONS

## Key Principles to Understand

- The virus that causes COVID-19 is easily spread, but also controllable.
- COVID-19 is 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 at the highest risk and are not recommended in areas with a high incidence of COVID-19.



## How do we make training/small group rides safer?

### The Who:

- All riders should be [symptom](#) free for 14 days.  
*Fever, chill, fatigue, cough, upper respiratory infections symptoms, body aches, loss of smell or taste.*
- The days of 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.  
*People age 65+, those with pre-existing conditions or who are immunocompromised.*
- All riders who have engaged in an activity that puts them at risk should not participate.  
*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?

### The How:

- Assume that **you have** the virus and don't spread it to the other riders.
- 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.
- Wear a 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.*



## TEAM/CLUB GUIDELINES TO CONSIDER

The following is a list of guidelines and requirements that a club, team or other group may consider implementing when considering participating in group activities. Remember that all activities must meet requirements as set forth by local governments and health departments.

### All Participants must/should:

- Self-monitor for signs and symptoms of COVID-19 and be clear of these for the previous 14 days.
- Self-conduct a temperature check before participating.
- Not have traveled extensively, or to an area with a high incidence of COVID-19.
- Not be in a group that is at high-risk if exposed to COVID-19, or in regular contact with anyone who is.
- Carry and/or wear a face covering depending on the type of ride, prevalence of local community spread, weather conditions and size of the group.
- Carry hand sanitizer.
- Come prepared to be self-sufficient with food and drink, as well all tools, equipment and clothing needed so as not to have to share.

Implementation of the practices below may be considered to help reduce risk on a group ride.

- Consider ride types that limit the need to draft. MTB and gravel are examples.
- Limit stops to resupply. When stopping respect social distancing, wear a face covering and wash your hands.
- Meet any required group size requirements as set by your local community.
- Meet in areas that lessen your exposure to others.
- Bring all necessary supplies (tubes, CO2/bike pump, tire levers, etc) to fix or support your ride, and do not assist others in handling of their equipment while fixing any mechanical issue.
- Dial back the intensity of the ride so that the exertion levels reduce risk of transmission.

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***Teams, Clubs and other groups considering group rides should know and abide by all local requirements and guidelines for group activities.***

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