

COVID-19 GROUP RIDE POLICY

PLEASE CONFIRM THE FOLLOWING STATEMENTS ARE TRUE
BEFORE JOINING ONE OF OUR RIDES

1

YOU HAVE NOT AT ANY TIME IN THE PAST 48 HOURS EXPERIENCED ANY OF THE FOLLOWING SYMPTOMS:

- FEVER OR CHILLS
- COUGH
- SHORTNESS OF BREATH OR DIFFICULTY BREATHING
- FATIGUE
- MUSCLE OR BODY ACHES
- HEADACHE
- NEW LOSS OF TASTE OR SMELL
- SORE THROAT
- CONGESTION OR RUNNY NOSE
- NEAUSEA OR VOMITING
- DIARRHEA

2

YOU HAVE NOT AT ANY TIME IN THE PAST 14 DAYS BEEN IN CLOSE PHYSICAL CONTACT (I.E., 6 FEET OR CLOSER FOR AT LEAST 15 MINUTES) WITH A PERSON WHO IS KNOWN TO HAVE LABORATORY-CONFIRMED COVID-19, OR WITH ANY PERSON WHO HAS SYMPTOMS CONSISTENT WITH COVID-19.

3

YOU ARE NOT WAITING ON THE RESULTS OF A COVID-19 TEST.

4

YOU DO NOT HAVE ANY REASON TO BELIEVE THAT YOU MAY BE SICK WITH COVID-19.

GROUP RIDE RULES

COVID-19 WARNING:

THERE IS AN INHERENT RISK OF EXPOSURE TO COVID-19 IN ANY PUBLIC PLACE WHERE PEOPLE ARE PRESENT. COVID-19 IS A CONTAGIOUS DISEASE THAT CAN LEAD TO SEVERE ILLNESS OR DEATH. MORE INFORMATION ABOUT COVID-19 AND HOW YOU CAN HELP MINIMIZE YOUR EXPOSURE TO COVID-19 IS AVAILABLE AT WWW.CDC.GOV. BY PARTICIPATING IN A RIDE YOU VOLUNTARILY ASSUME ALL RISKS RELATED TO EXPOSURE TO COVID-19.

1

HELMETS ARE REQUIRED.

2

ALL RIDERS MUST OBEY TRAFFIC LAWS.

3

RIDE WITHIN YOUR LIMITATIONS.

4

NO HEADPHONES OR HEADSETS.

OUR GOAL IS TO MAKE EVERY RIDE AS ENJOYABLE AND SAFE AS POSSIBLE. HOWEVER, WE CANNOT GUARANTEE ANYBODY'S SAFETY. WE RELY ON ALL RIDERS TO USE PROPER RIDING TECHNIQUES AND IF YOU ARE UNSURE OF PROPER ETIQUETTE OR PROPER TECHNIQUE PLEASE ASK. WE ARE HERE TO HELP. THERE ARE UNKNOWN AND UNFORESEEN POTENTIAL HAZARDS IN EVERY RIDE SO WE DO EXPECT ALL RIDERS TO PAY ATTENTION AND TAKE REASONABLE PRECAUTIONS. HELMETS ARE REQUIRED. IF YOU CHOOSE TO LISTEN TO MUSIC DURING RIDES WE REQUEST YOU ONLY USE THE HEADSET IN THE RIGHT EAR AND KEEP THE HEADSET OUT OF THE LEFT EAR. COMMUNICATION IS ESSENTIAL DURING ALL RIDES AND HAVING THE ABILITY TO HEAR IS A PART OF YOUR RESPONSIBILITY TO OTHERS. PLEASE ALSO RIDE WITHIN YOUR LIMITATIONS. WE ARE NOT RACING THE TOUR DE FRANCE. IF WE SEE THAT YOU ARE NOT RIDING WITHIN YOUR LIMITATIONS OR ARE BECOMING A HAZARD TO OTHERS WE WILL BRING THIS TO YOUR ATTENTION. WE DO THIS FOR YOUR AND EVERYBODY'S SAFETY.