



Top Ten Safety Points to Review Before a Ride

- Call and/or point out all hazards.
- Ride single file in any traffic situation.
- Leave space between riders.
- Respond quickly to a call of 'car up' or 'car back'.
- Do not make sudden stops.
- Move safely off the road for regrouping, photos, mechanical problems, and all use of cell phones.
- Make your own decisions when crossing roads.
- Pass riders only on the left and call it out.
- Call out and/or use hand signals when turning or stopping.
- Follow the rules of the road.



Top Five COVID Guidelines to Review Before a Ride

- Stay in your group, if there are two groups of riders (maximum 10 per group). Do not mix groups while riding. Groups leave 15 minutes apart, each with a Tour Leader and a Sweep, after the Tour Leader signs in all riders.
- Maintain 2 metre physical distancing at all times and greater distance in the slipstream of another rider.
- Safely move to the back of the group, if you need to sneeze, cough, spit or blow your nose during a ride.
- Refrain from mixing groups at stops. One group must leave a stop before the next group arrives. Bring snacks and sufficient hydration in the event there is no place to stop.
- Demonstrate good optics in the community by following all COVID-related protocols for social/physical distancing, hand sanitizing, masks, gloves, etc. If at any time after participating in a Freewheelers' ride, you start to display symptoms of COVID-19, contact your healthcare provider and notify the Freewheelers' President.