



## **COVID-19 - Guidelines for Cycling**

### **Guidelines for Tour Leaders**

A Tour Leader should review the document, 'Responsibilities of a Tour Leader,' and bring the following to a ride:

- Required cue sheet/map with a minimum of 4 copies (possibility of 2 Tour Leaders and 2 Sweeps)
- Liability Release Form and a pen
- Incident Report Form (Familiarize yourself with this form so you know the difference between a reportable and non-reportable incident, what other concerns should be reported, and how to complete the form.)
- Top Ten Safety Points & Top Five COVID Guidelines to Review Before a Ride (new form)
- Hand sanitizer, mask, and disposable gloves (in case first aid is required)

A Tour Leader or the person who is designated as Tour Leader (if there is no Tour Leader) is responsible for:

- reviewing the Top Ten Safety Points & Top Five COVID Guidelines with the group prior to the ride; and
- recording the names of all those in attendance on the Liability Release Form. Individual riders will not sign the form.

### **Guidelines for All**

- Those who are sick, feeling unwell, have a fever and/or persistent cough, or who have been in contact with a person who is self-isolating for COVID-19, should not attend Freewheelers rides.
- All riders should be prepared to step in as Tour Leader. Therefore, all riders should follow the guidelines for the Tour Leader (above).
- All riders should bring their own cue sheet/map.
- All riders are expected to carry a spare tube and essential equipment, so they are prepared for minor on-road repairs.
- It is suggested that all riders carry hand sanitizer, a mask, and disposable gloves for personal safety in case they fall and need attention from the Tour Leader. It is the responsibility of each rider to maintain appropriate distances and follow COVID-related protocols. If you need to sneeze, cough, spit or blow your nose during a ride, only do so after safely moving to the back of the group.
- It is suggested that all riders have a clean water bottle and disinfect their equipment prior and post ride, including wiping down handlebars, shifters, helmet, and glasses/protective lenses.

- At the start of a ride/end of a ride and at stops, riders should respect the social/physical distancing rules in effect, currently 2 meters. While riding, a greater distance between riders is highly recommended to avoid the possible droplets which may be in the slipstream of the rider in front. Maintain a distance of at least 2 meters from all members of the public during a ride.
- Group size will respect the Provincial regulations, currently 10. If the number of riders exceeds 10, two groups will be formed with the second group setting out 15 minutes after the departure of the last person in the first group. Each group will have its own Tour Leader and Sweep, separated by a distance that precludes mixing between groups and demonstrates good optics in the community. Riders must stay in their group for the duration of the ride with no mixing of groups while riding.
- Groups will refrain from mixing at stops. Riders are encouraged to bring snacks and sufficient hydration for the entire ride in the event there is no place to stop. If there is a stop at a designated location (e.g. convenience store, outdoor patio), one group must leave before the next group arrives/enters. Social/physical distancing should always be respected.
- Lack of available washroom facilities may be an issue. Riders should be prepared for this.
- If at any time after participating in a Freewheelers ride, you start to display symptoms of COVID-19, you should contact your healthcare provider and notify the Freewheelers President.

Document locations on website:

- Responsibilities of a Tour Leader - Tour Leaders tab on menu bar
- Liability Release Form - Tour Leaders tab on menu bar
- Incident Report Form - Safety tab on menu bar
- Top Ten Safety Points & Top Five COVID Guidelines to Review Before a Ride - Safety tab on menu bar
- COVID-19 - Guidelines for Cycling - Home page or Safety tab on menu bar
- Cue Sheets/Maps (Routes folder):
  - Home page > Ride Info > Cue Sheets/Maps > opens Routes folder
  - Rides page (from Home page, click either on Full Ride Schedule or Rides tab from menu bar) > Ride Info & Cue Sheets > Cue Sheets/Maps > opens Routes folder
  - Note: Cue Sheets/Maps can also be accessed from pop-up boxes for specific rides.

Website: [thefreewheelers.com](http://thefreewheelers.com)