



## **COVID-19 – Recommended Guidelines for Winter Activities**

Non-Freewheelers rides/hikes will take place throughout the winter until the 2021 cycling season starts.

Keep in mind:

- These are not official Freewheelers rides/hikes.
- There is no Freewheelers insurance.
- Anyone can join in a ride/hike, including non-members.
- For rides, there is a Rider Leader as all rides are dependent on those willing to lead and sweep rides. The Ride Leader will record the names of all riders and keep the list for contact tracing purposes. Those leading rides may make changes to a ride if desired.
- For hikes, there is a Hike Leader. This is the person who suggests a hike location/date/time. The Hike Leader will record the names of all hikers and keep the list for contact tracing purposes.

### **Recommended Guidelines**

- 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 rides/hikes.
- If at any time after participating in a ride/hike, you start to display symptoms of COVID-19, you should contact your healthcare provider and notify the appropriate activity organizer, Ride Organizer or Hike Organizer.
- At the start and end of a ride/hike and at stops, riders/hikers should respect the social/physical distancing rules in effect, currently 2 metres. 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. Ride/hike in single file. A distance of at least 2 metres should be maintained from all members of the public during a ride/hike.
- It is suggested that all riders/hikers carry hand sanitizer, a mask, and disposable gloves for personal safety.
- All riders are expected to carry a spare tube and essential equipment, so they are prepared for minor on-road repairs.
- It is the responsibility of each rider/hiker to maintain appropriate distances while riding/hiking in single file and follow all COVID-related protocols. If you need to sneeze, cough, spit or blow your nose during a ride/hike, only do so after moving to the back of the group.

- It is suggested that group size be limited to 10 riders/hikers. If the number of riders or hikers exceeds 10, two groups should be formed with the second group setting out 15 minutes after the departure of the last person in the first group. There should be no mixing between groups to demonstrate good optics in the community. Riders/hikers should stay in their group for the duration of the ride/hike with no mixing of groups while riding/hiking.
- Groups should refrain from mixing at stops. Riders/hikers are encouraged to bring snacks and sufficient hydration for the entire ride/hike in the event there is no place to stop. If there is a stop at a designated location, one group should leave before the next group arrives/enters. Social/physical distancing should always be respected.
- Lack of available washroom facilities may be an issue. Riders/hikers should be prepared for this.

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