



COVID-19 - Guidelines for Cycling

Overview of Ride Protocol

- 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.
- 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.
- All riders should carry hand sanitizer, a mask, and disposable gloves for personal safety and follow all COVID-related government protocols, ensuring 2 metres of social/physical distancing at the start of a ride/end of a ride and at all stops. Wear a mask if you cannot maintain the required physical distancing.
- 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.
- Group size is no longer restricted. However, for cycling safety purposes, larger groups can be split into smaller groups. This would be at the discretion of the Tour Leader and be based on the number present and on the ride route. If a large group is split, each group will have a Tour Leader and a Sweep. Groups will leave 15 minutes apart, and riders will stay in their assigned group.
- Riders should maintain a distance greater than 2 metres while riding to avoid possible droplets which may be in the slipstream of the rider in front.
- Riders should safely move to the back of the group, if they need to sneeze, cough, spit or blow their nose during a ride.

Be Prepared to Step in as Tour Leader

- All riders should be prepared to step in as Tour Leader. Therefore, all riders should review the document, 'Responsibilities of a Tour Leader During COVID-19,' 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 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
- A person who is designated as Tour Leader (if there is no Tour Leader) is responsible for:
 - recording the names of all those in attendance on the Liability Release Form. Individual riders will not sign the form; and

- reviewing the Top Ten Safety Points & Top Five COVID Guidelines with the group prior to the ride.

Document Locations on Website

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

Website: thefreewheelers.com