

Wheel Sports Group Rides

FFOFC COVID-19 Guidelines

(effective November 10th, 2020)

- The “FUN” part of the event should be emphasized.
- Common sense should be used in all situations.
- **No Carpooling** - Participants should either bike to the start of the event or drive there with only members of their household in their vehicle.
- **Stay home if Sick** - Anyone who is not feeling well or who has any symptoms of COVID-19 or has been exposed to someone with symptoms, should not participate. If you or anyone you have been exposed to has tested positive for COVID-19, please follow health district and physician guidance before joining a club event.
- **Physical Distance / Face Coverings** - It is everyone’s responsibility to comply with State guidelines such as physical distancing and face coverings. The six-foot physical distance should be maintained. When this cannot be done, a face covering should be worn. Therefore, each rider should always carry a face covering with them. Also, when riding as a group, we ask riders to not draft closely behind other riders and that everyone should ride much further apart than normal.
- **Safety monitoring** - It is everyone’s responsibility to kindly remind others when they inadvertently digress from these guidelines. Individuals are encouraged to take these reminders with good will. If a member feels uncomfortable with these suggestions, that member should reconsider participating in the group events.
- **Out of Town Rides** – Currently out of town rides are not planned. If such events are scheduled, separate guidelines will be developed.
- **First Aid Kits** – The club’s two first aid kits will not be passed from the leader of the current event to the leader of the next event. Tim Strauch and Linda McGlothern will each keep one of the club first aid kits to have with them for group rides they lead/join. Also, Dean Hicks always has his own personal kit on his bike. But in the rare situation that one of these three is not on a group ride, riders are now encouraged to bring their own first aid kit. Also, on the rare event that the club first aid kit is used, the kit should be sanitized afterwards.

These guidelines will remain in effect as long as the applicable State Orders are in effect and may be amended as new recommendations come down from the CDC, State, County, and City governments. Check the FFOFC website for latest version of guidelines.