

# COVID-19 Safety Plan & Guidelines

These procedures are designed to help reduce the probability of transmission of the COVID-19 virus, ensuring further safety for all ride participants.

## Risk Management

Risk management is about knowing and understanding the risks involved with any activity you choose to do. Please use common sense.

## Self-Assessment and Hygiene

- Before leaving home, complete a self-assessment, like the one below. If you answer “yes” to any question, seek medical attention immediately.

<b>COVID 19 Self-Assessment</b>	
(Government of Canada)	
<ul style="list-style-type: none"><li>• Are you experiencing any of the following:<ul style="list-style-type: none"><li>• Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)</li><li>• Severe chest pain</li><li>• Having a very hard time waking up</li><li>• Feeling confused</li><li>• Losing consciousness</li></ul></li><li>• Are you experiencing any of the following:<ul style="list-style-type: none"><li>• Mild to moderate shortness of breath</li><li>• Inability to lie down because of difficulty breathing</li><li>• Chronic health conditions that you are having difficulty managing because of difficulty breathing</li></ul></li><li>• Have you travelled to any countries outside Canada (including the United States) within the last 14 days?</li></ul>	

- Do not ride if you:
  - Feel ill or have COVID-19 symptoms, no matter how minor.
  - Have been in contact with someone with COVID-19 in the last 14 days.
- Wash your hands often with soap and warm water for at least 25 seconds.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a tissue or elbow when coughing or sneezing, then throw the tissue in the trash (or store it until you can) and wash/sanitize your hands.
- Stay informed and follow the advice of your local government and healthcare authorities.

## General Guidelines

- Only members will be permitted on rides.
- To keep everyone safe, we are not accepting beginner riders on group rides at this time.
- Only travel with people within your own household or bubble, when traveling to and from trails.
- Do not spend more time than necessary at the ride meeting location before and after rides.
- If a member shows up with signs of sickness, they will be asked to leave and seek medical advice.
- Ask where the nearest bathroom and bike wash station are to avoid wandering around the meeting location looking for them.
- Wash or sanitize your hands after using the restroom, sneezing, and coughing, and before eating.
- Do not shake hands, high five or hug.
- Be prepared! Beyond the usual toolkit, you must have a face mask, disposable gloves and hand sanitizer, in case you have to get close to someone.
- Do not touch another person's bike, equipment, food, or water! Keep your hands to yourself.
- Wash your bike and equipment thoroughly after each ride, preferably after you've returned home. If you do not have this option, wash/sanitize your hands before using the communal bike wash.

## Safety Rules

- The Dirty Girlz group rides will be limited to 6 riders including the host. Small groups will keep us all as safe as possible.
- Avoid high-risk situations and focus on the simple act of being outside and getting some exercise, rather than pushing your limits. Do not ride trails or features above your skill level and make conservative decisions. This is not the time to have an accident and expose other riders and/or care providers to COVID-19 while helping you.
- Respect other riders' limits.
- Physical distancing while riding is far more than 2m! The distance between each rider on the trails is crucial for safety and is measured in seconds. A distance of 6-10 seconds is recommended during COVID-19 to help reduce the transmission of the virus through droplets expelled during the heavy breathing of a preceding or adjacent rider. If keeping a line of sight becomes challenging, yell to ensure adequate space is maintained.
- Riders who are not familiar with trails that will be ridden on a given ride are strongly encouraged not to ride. This is for the safety of all riders.
- When stopping, in addition to the usual "get off the trail", maintain at least 2m space between yourself and others, at all times. This might mean that after you've moved your bike off the trail, you will have to move even further away.
- It's a ride not a race. Do not pass anyone unless they are stopped or much more than 2m from you. Remember the potential virus-containing droplets expelled by heavy breathing.