

## Riding with COGS During COVID-19

June 13, 2021, Rev04

### **SIGN UP**

- For the foreseeable future, rides during COVID will be limited to club members only. Towards this end, the COGS' ride calendar will only be visible to members after log in.
- Total number of members allowed on a ride will be limited to 15, including the ride leader.
- Exceptions to this are allowed on rides where it is known that the group will naturally spread out, i.e., those with long climbs, or on rides with additional ride leaders to allow a split(s) into smaller groups. The ride leader will attempt to coordinate this prior to the ride, if not, it will be done on-site at the meet up location.
- Members should register for a ride on the COGS web site no later than 8 hrs. prior to start of ride.
- Individuals must be symptom free of any flu like or COVID-19 symptoms for 14 days prior to sign up.
- Individuals who after sign up come down with any flu or COVID-19 related symptoms are not to participate in the ride. These persons should go on-line and cancel their own reservation as soon as possible, and should also notify the ride leader of their situation.
- If for any other reason a registered person cannot participate, individuals should go on-line and cancel their registration. Please note, it is much easier for an individual to cancel their reservation than for a ride leader to do it. So please, if possible, log on and make your own cancellation rather than burden the ride leader with this task. Thanks.
- To complete the sign-up process, members must acknowledge they have read:
  - Riding with COGS During COVID-19 (this document)
  - COGS Pre-Ride Safety Briefing 2020
  - COGS Ride sign-in sheet release form

### **SIGN IN**

- At the start location, ride leader will take "roll call" and fill out sign-up sheet with participants name, mobile number and emergency contact info. Registering for a ride allows the ride leader to do this in advance.
- Participants who are not vaccinated must wear a mask at all times at the start location and during sign up.
- Those not vaccinated must follow strict social distancing guidelines of 6 ft or more at all times.

### **RIDING**

- Those not vaccinated are asked to wear a mask when riding.
- Those who are not vaccinated are asked to ride at the back of the group.
- Those who are vaccinated may ride with the group as was done during pre-COVID times.
- So as to minimize passing, faster riders and faster group(s) will be encouraged to lead out first.
- Groups are to avoid re-connecting again unless the designated area for regroup is sufficiently large.

- No farmer blows. If you are having respiratory issues, sneezing or coughing fits while riding, please pull out of line and either drop to the back or pull over and stop. Please let others know what you are doing. When stopped, please make sure you are well off the side of the road.
- Vaccinated riders may assist each other with repair of mechanical issues. To put folks at ease, persons in need of assistance and those willing to assist should identify themselves as being vaccinated.
- Non-vaccinated riders should be capable of addressing their own mechanical issues. If assistance is needed, they must identify themselves as not being vaccinated. All parties involved in receiving or rendering assistance must mask up.

#### **REST STOPS**

- Recognize that rest rooms, eateries and coffee shops that we normally frequent may either be closed or be capacity limited. Ride leaders, please keep this in mind when planning your route.
- When stopped, if there is any chance social distancing cannot be maintained, non-vaccinated participants must mask up.
- When entering a building or confined space, all persons whether vaccinated or not, must follow masking guidelines for that space.
- Non-vaccinated individuals should not share food, water bottles or tools with others.
- Riders are encouraged to carry some means of hand sanitation and to use it frequently if you have touched anything other than your handlebars.