

SRCC COVID-19 Compliance Plan for Group Rides – Updated April 2021

The state of California recently updated its Covid-19 guidelines for Outdoor and Indoor Youth and Recreational Adult Sports¹ and classified cycling as a Low-Contact Sport (where contact within six feet of other participants can be avoided). The guidelines require:

- Face coverings are to be worn when not participating in the activity and in compliance with CDPH and Sonoma County [Face Coverings Requirements](#) (i.e., when closer than 6 feet to someone not in their household unit).
- No sharing of drink bottles and other personal items and equipment.
- Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance.

In addition, the state also updated its Blueprint for a Safer Economy, effective April 15, 2021². SRCC's rides fall under the category "Gatherings: social, informal gatherings, with no defined guest list required and no testing or vaccination required." The following limits participant limits apply for outdoor activities:

- Red Tier: Max 25 people
- Orange Tier: Max 50 people
- Yellow Tier: Max 100 people

Rider limits will be adjusted as needed depending on the color tier that the County is in at the time of the ride. Governor Newsom anticipates that the color tier system will be eliminated by mid-June as long as infection rates remain low. Although a "defined guest list" is not required, SRCC ride leaders have agreed that signups for rides should still be required (see below). Note that this guidance does not apply to larger rides, like picnic rides; SRCC will consider holding larger scale rides in the future.

SRCC also is establishing the following, consistent with our prior guidelines (dated July 2020):

- Youths under the age of 18 must be accompanied by an adult.
- Names and contact information for all participants must be tracked (for contact tracing, if necessary).
- Participants must be screened for COVID-19 symptoms (see description below).
- Rides are open to SRCC members only. All riders/participants will be required to pre-register on the SRCC website for all rides. Ride leaders do not need to sign up for rides.
- Riders will check a box when they sign up for the ride, acknowledging they have read this Plan and pledge to strictly follow these rules, and accepting and executing the SRCC "[Assumption of the Risk and Waiver of Liability, and Indemnity Relating to Coronavirus/COVID-19.](#)"

In addition, the following are the social distancing and hygiene protocols for individuals on SRCC group rides. Consistent with the Order, participants must:

- Maintain at least six-foot social distancing from individuals who are not part of the same household or living unit (this mean no pace lining, except for members of the same household);
- Frequently wash hands with soap and water for at least 20 seconds, or using hand sanitizer;
- Cover coughs and sneezes with a tissue or fabric or, if not possible, into the sleeve or elbow (but not into hands);
- Avoid all social interaction outside the household when sick with a fever, cough, or other COVID-19 symptoms.

¹ <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>

² https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Dimmer-Framework-September_2020.pdf

Ride Leaders will be required to:

- Attend an online training session prior to leading rides (to ensure they are familiar with all protocols and procedures to maintain a safe activity).
- Screen all participants for symptoms before beginning the ride (see screening questions below).
- Review the rules listed above with participants at the beginning of the ride.
- Take a roll call at the beginning of the ride (you can get the registration list from the website), to capture all participants' names (this ensures that they have all registered for the ride and signed the waiver); you can find the list of those registered on the event page and print it or create a list by hand. The ride leader should keep the record of attendees for at least one month after the ride (please record the date of the ride).
- Provide warnings if a rider is not complying; after that point, the leader has the right to ask the rider to leave their ride if they are not complying.

Riders will be required to:

- Sign-up online in advance – registration will be cut off at midnight the night before the ride. ***If you can no longer attend, please cancel your registrations as far in advance as possible*** (login to the SRCC website, go to the event page, click “already registered,” and then click the button to cancel). Riders that have not signed up online will not be allowed to attend the ride.
- Self-screen at home before the ride – please do not attend if you are ill!
- Bring a face covering and hygiene supplies with you, preferably one you can wear around the neck so you can pull it up as necessary while riding.
- Plan to be self-sufficient on the road (fix your own flats, etc.).
- PLEASE arrive at least 10 minutes before the ride start and be ready to ride at the ride start time as it will take a little longer than usual for the ride leader briefing. Those arriving late may not be allowed to ride.
- Refrain from congregating in parking lots at the ride start of end and follow all of the rules above. The ride leader will call roll and ask you the screening questions. He/she may come to your vehicle to do this or he/she will ask riders to come to a central location, but remain at least 6 ft apart.
- Follow physical distancing and face covering rules, as well as restaurants/coffee shop rules at regroupings and coffee stops.
- It will also be helpful to split into small groups on the road (2-3) since we will be riding farther apart to allow cars to safely pass.

This Plan may be modified over time as the situation and rules/restrictions change.

PARTICIPANT SCREENING QUESTIONS

1. Have you received a positive COVID-19 test result? If so, has it been at least 10 days since symptoms first appeared or (if asymptomatic) a minimum of 10 days has passed since your positive test was collected).
2. In the last 24 hours, have you been in contact with anyone with a known case of COVID-19?
3. Are you experiencing any of these COVID-19 symptoms?
 - Fever of 100.4 degrees or higher
 - Chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea