

## OREGON TRILOGY COVID PLAN

Based on current and anticipated conditions associated with COVID-19, including the ability to control exposure on this type of tour, and the [low rates of infection](#) and status of tourism (open) at our [destinations](#), we have decided to move forward with the Oregon Trilogy Tour.

The link to the ride details page is [HERE](#), but some things will be changing<sup>1</sup>. We have outlined below changes to the tour that will meet [Oregon government mandates](#), help to minimize exposure of participants to COVID-19, and maintain enough of the cycling and social aspects of the tour to make it enjoyable.

We are also setting up a website where we can post information like ride routes, restaurants and other useful/helpful information. The link is [HERE](#). We are working on populating these pages...stay tuned...

### WHAT TO KNOW / REQUIREMENTS

Under State of Oregon reopening, the counties we are visiting are in “[phase 2](#).” The general guidelines include:

- Gatherings had been limited to 50 people indoors and 100 outdoors under Phase 2. However, the governor just changed the limit to [10 people indoors](#), except at restaurants. We will be monitoring this development.
- [Face coverings](#) are mandatory when indoors at businesses, at indoor spaces open to the public (except once seated at a restaurant or while eating or drinking).
- Face coverings are not required outdoors, except where at least six (6) feet of physical distance from others not in your household/party cannot be maintained.
- Restaurants are open, but the limit is 10 persons per table and tables are spaced at least 6 feet apart. Reservations are recommended and often required.
- Most shops, open space areas/parks, and attractions are open but entry may be limited.

The applicable requirements for Outdoor Recreation business and Gatherings include:

- Limit “parties” to 10 people or fewer (this will apply during riding).
- Limit “congregating” in parking lots and other areas.
- Encourage people to stay home if they have COVID-19 symptoms and/or if they are at risk for severe complications
- Practice good hand hygiene with frequent handwashing for at least 20 seconds or use hand sanitizer (60-95% alcohol content); cover coughs/sneezes with elbow or tissue; avoid touching your face.
- Administer daily screening questions.<sup>2</sup> Note that we will be screening participants daily (both a temperature and symptom check).

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<sup>1</sup> Note that “Ride the Rim” has been cancelled.

<sup>2</sup> Have you had a new or worsening cough? Have you had a fever? Have you had shortness of breath? Have you been in close contact with anyone with these symptoms or anyone who has been diagnosed with COVID-19 in the past 14 days?

## LODGING & MEALS

No daily housekeeping will be provided at most hotels (you can request extra towels, etc.). Hotels will be limiting the number of people in the lobby at any time and staggering check in. Breakfast items will be “grab and go” pre-wrapped items. See the links below and more information about our hotels (all hotels have free wifi and parking):

- Bend: [Fairfield Inn & Suites Downtown](#)
  - Breakfast: cold items individually wrapped and available to grab and go. For hot items, guests need to fill out a form in the morning and the breakfast attendant will make it and wrap it up for them to go.
  - Mini-fridge and coffee maker
  - Laundry, indoor pool
- Corvallis: [Holiday Inn Express Corvallis On the River](#)
  - Breakfast: grab and go items
  - Mini-fridge, microwave and coffee maker
  - Laundry, indoor pool
- Medford: Inn at the Commons
  - See this document for info about housekeeping, breakfast and more: <https://innatthecommons.com/wellbeing-practices/>
  - Mini-fridge, microwave and coffee maker
  - Laundry, outdoor pool

For any “gatherings” of the group, we are planning on using outdoor areas where we can maintain adequate physical distancing, either at or near the hotels or at parks we can ride to easily. All food and drink will be either packaged or catered. For group dinners, meals will be individually wrapped/package. PLEASE BRING A LAWN CHAIR for use at the parks.

For group dinners, we are looking at:

- Bend – catered meal from [Spork Bend](#) and dessert from [Sparrow Bakery](#) at Pioneer Park at 5pm on Sunday Sept 13
- Corvallis – catered meal from [El Patron](#) and dessert from [New Morning Bakery](#) at a local park (TBD) on Wednesday Sept 16
- Medford – food trucks and tiki bar on the “Party Patio” at our hotel on Saturday Sept 19

We will be contacting you for your dinner choices at Spork and El Patron in advance. For the food trucks in Medford, there will be a few options and you will get a voucher good for a meal at one of them.

For other meals, participants should plan ahead (e.g., for lunches, coffee stops, and dinners). For dinner if you choose to dine at the restaurant (indoors or outdoors), reservations are recommended. There are many take out options at all of our locations. We will provide a restaurant list prior to the tour departure.

We will be providing some “lunch kits” that you can use to make a lunch for the road. We have sent out a survey on preferences, but likely will have items like PBJ “fixings,” cheese sticks, fruit, chips, nuts, cookies/bars, etc. It should be enough to provide lunches on the road for about half of the riding days (where rides may take us into more remote areas). PLEASE BRING A SMALL COOLER where you can store the perishable lunch kit items,

drinks and snacks (hotels do have mini coffee makers, refrigerators, and some have microwaves; all should have ice available). Also, PLEASE BRING A BACKPACK OR STRING BAG to carry your lunch. We will (as usual) have some beer for purchase. Feel free to bring other libations.

## **LOGISTICS**

Each participant will need to arrange their own transportation to the start and the various locations (we will not be arranging carpools). We also will not be transporting at luggage or bicycles. Please follow physical distancing, hygiene, and face covering guidelines while traveling to reduce your exposure.

We ask all participants to be extra cautious in the weeks leading up to the tour. If we all agree to strictly follow our local County health orders, including of social/physical distancing, wearing of face coverings, staying home as much as possible for at least 2 weeks before the tour, our “gathering” should be relatively safe. We are considering recommending that all participants get a Covid-19 test prior to the tour start (this will be discussed on our Zoom call).

If you become ill before leaving your home, we ask that you do not come on the tour. If you fall ill during the tour (where the symptoms could be due to COVID), we ask that you do not continue on the tour and head back to Sonoma County.

## **ON THE ROAD**

All participants need to bring their own face coverings (we recommend at least 2 washable type per person) and hygiene supplies. We will have some hand sanitizer and wipes.

We will be following [SRCC guidelines](#), as applicable, on rides while we are in Oregon, including daily screenings which will include a temperature check. Because we will have multiple route choices each day, splitting into smaller groups will happen naturally. There also will not be a specific ride start time. People can “group up” and decide upon routes and start times for themselves each day. People are welcome to ride solo or in very small groups.

We will have a "support" vehicle available in case of emergencies and with some basic first aid supplies and tools, but there will be no SAG on the road (your leadership team will also be riding each day). So all participants are expected to be self sufficient on the road. If you need to be picked up in the SAG vehicle you will need to wear a face covering and sit in the backseat. The driver will also wear a face covering.

## **OTHER RECOMMENDATIONS**

Hygiene is important. 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); do not shared equipment, tools, etc.; and no direct physical contact among participants (except for members of a household/party<sup>3</sup>). If you are ill, stay in your room and do not ride or socialize, even at a distance.

This is not the way we wanted to run the tour, but we are convinced that we can be safe and still have a lot of fun. I mean what is more fun than riding your bike? In a beautiful area to boot!

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<sup>3</sup> Note that if all agree to be tested, it may be possible to provide more socializing activities, although direct physical contact will continue to be discouraged.