

SRCC COVID-19 Compliance Plan for Group Rides

On June 5, 2020, the Sonoma County health office issued order [C19-14](#): "Stay Well Sonoma County – Order extending Shelter in Place, allowing more businesses to operate in the County, and requiring mitigation measures such as Social Distancing, Face Coverings, and Hygiene Requirements" (the "Order"). This new Order allows "Outdoor Recreation Activity Business" - that is SRCC group rides!

Under [Appendix E](#), the Order imposes specific requirements and restrictions that must be followed for an "Outdoor Recreation Activity Business" to occur. Pursuant to this SRCC COVID-19 Compliance Plan for Group Rides ("Plan"), SRCC is adopting the requirements of the Order for our ride program at this time. Specific Order requirements are summarized below:

- Groups are limited to a maximum of 10 people, not including the ride leader(s).
- Youths under the age of 18 must be accompanied by an adult.
- Names and contact information for all activities must be tracked (for contact tracing, if necessary).
- There is to be no shared equipment, tools, etc.; participants are to bring their own food, water bottles, and hygiene supplies; and there is to be no direct physical contact among participants (except for members of a household unit).
- Carpooling should be avoided (except for members of a household unit).
- No congregating before or after the ride (e.g., in parking lots/areas, other than as necessary for the initial ride leader talk, but maintaining physical distance).
- Participants must be screened for COVID-19 symptoms (see description below).

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);
- Wear a Face Covering when out in public, consistent with the Order's [Face Coverings Requirements](#) (i.e., if they may get closer than 6 feet to someone not in their household unit); and
- Avoid all social interaction outside the household when sick with a fever, cough, or other COVID-19 symptoms.

To implement these requirements, all riders/participants will be required to pre-register on the SRCC website for all rides – this will ensure that the 10-person maximum is not exceeded. 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](#)." Non-members will not be allowed on rides at this point. Note that ride leaders do not need to sign up for rides (since they are not part of the 10 person limit).

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 at regroup 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.

SRCC is updating our ride schedule to avoid having multiple pace level groups leaving from the same location.

Note that if your ride crosses from Sonoma County into another county, your ride and riders must still comply with the rules under this Plan, but additional rules established by such county may apply. As of the date of publication of this plan, the following is the status in adjacent/nearby counties:

- Marin, Napa, and Mendocino Counties: same requirements as Sonoma County.
- San Francisco and Alameda Counties: requires the use of face coverings when you are within 30 feet of a person(s) not within your own household.
- San Francisco and Alameda County: have not authorized Outdoor Recreation businesses yet and requires outdoor group exercise to be limited to people within a household unit – therefore, no club rides should go into these counties at this time.

This Plan may be modified over time as the situation and rules/restrictions change. We sincerely hope that we will soon transition from the “new normal” back to the “old normal.”

PARTICIPANT SCREENING QUESTIONS (PER CDC)

1. In the last 24 hours have you been in contact with anyone with a known case of COVID-19?
 - Yes
 - No
 - I work in a health care setting and my job may cause me to come into contact with COVID-19.

2. Are you experiencing any of these COVID-19 symptoms?
 - Cough
 - Fever
 - Chills
 - Sore throat
 - Feeling achy
 - Shortness of breath / difficulty breathing
 - Nausea or vomiting
 - New or unusual headache in the last 24 hours
 - Diarrhea
 - Loss of taste or smell
 - Tingling or numbness
 - None of the above

3. Have any symptoms above that you are experiencing been cleared by your primary care provider (Fever cannot be cleared by provider)?

NOTE: Contact your primary care provider if you have the following severe symptoms (this is not a complete list):

Trouble breathing
Persistent pain or pressure in the chest
New confusion or inability to stay awake
Bluish lips or face