

## **Sonoma County Bicycle Coalition**

### **COVID-19 Compliance Plan for Clinics, Workshops, and 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."

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 SCBC COVID-19 Compliance Plan for Group Rides ("Plan"), SCBC 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 participants in SCBC group activities. 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 means 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.
- If an Instructor/Leader has a need to adjust a participant's bicycle, s/he should take appropriate precautions including washing/sanitizing hands and/or sanitizing the bicycle's handlebars before and after.

To implement these requirements, all participants will be required to pre-register on the SCBC website for all events – this will ensure that the 10-person maximum is not exceeded. Participants will check a box when they sign up, acknowledging they have read this Plan and pledge to strictly follow these rules, and accepting and executing the SCBC "Assumption of the

Risk and Waiver of Liability, and Indemnity Relating to Coronavirus/COVID-19.” Note that instructors/leaders do not need to sign up online (since they are not part of the 10 person limit).

Instructors/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 event. Anyone who has not pre-registered will NOT be allowed to participate.
- 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.

Participants 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*** 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 or end and follow all of the rules above. The instructor/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 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 (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/difficult 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