

Ride Leader Guidelines

for

Group rides during COVID-19

Ride leader and all participants must be familiar with the Return to Sport guidelines ([link](#)) prior to the ride. These must be followed. Failure to follow will result in groups rides losing sanctioning.

Ride Leaders

Prior to the ride you must self access for [COVID-19 symptoms](#) including:

- Fever
- Cough
- Headache
- Muscle and/or joint aches and pains
- Sore throat
- Chills
- Runny nose
- Nasal congestion

Please refer to the detailed list provided by the Government of Saskatchewan.

If you are experiencing any symptoms (even mildly), you must find another ride leader or cancel the ride.

Ride leader must maintain a list of all participants including phone number on the ride including **ANYONE** present with the group for more than 5 minutes. This list shall be kept until the end of 2020.

Rider Leaders and participants are required to maintain a protective distance as below

- 2 meters (6 feet) during non-cycling activities
- 4 meters (14 feet) during all cycling.

Ride leaders will demonstrate the distance before the ride.

Prior to the **Ride leaders** must review COVID symptoms with all participants. Anyone displaying symptoms will not be allowed to participate. All ride participants are asked to report if within 14 days of the ride they start showing signs of **any** illness or test positive for COVID-19.

Ride leaders will bring a kit consisting of gloves, mask and sanitizer. It is recommended all participants bring a similar kit for themselves.

All participants will be responsible for their own water, snack and mechanical needs. Absolutely no items may be shared amongst participants

Waivers

One hour prior to the ride all participants must complete the waiver online. No paper copies. If you have not completed the waiver you cannot ride.

Limited numbers of **Guest riders** are welcome and can participate in a maximum of 2 rides. All guest riders must complete the waiver and email a signed copy to the club prior 1 hour prior to the ride. Guest riders spots are limited to 2 guests per ride, with the majority of the ride participants must be SCA members.

Full details on the Return to Sport Guidelines are available at _____

COVID SYMPTOMS from Government of Saskatchewan

- Fever
- Cough
- Headache
- Muscle and/or joint aches and pains
- Sore throat
- Chills
- Runny nose
- Nasal congestion
- Conjunctivitis
- Dizziness
- Fatigue
- Nausea/vomiting
- Diarrhea
- Loss of appetite (difficulty feeding for children)
- Loss of sense of taste or smell
- Shortness of breath
- Difficulty breathing

Participant Name	Phone Number

Ride Date: _____

Ride Leader: _____