

Temporary Phase 2 Precautions for BIKES Club Rides During the COVID-19 Crisis

Some of these precautions will temporarily override other information on these web pages.

BIKES Club Return to Riding

Update for June 6th, 2020: Snohomish County was approved yesterday to go into Phase 2 of "[Safe Start Washington](#)". BIKES Club rides can start again with no more than 5 people per ride group as outlined below to comply with temporary government restrictions. Be aware there are many differences from the "old normal":

- BIKES Club rides are temporarily for BIKES Club members only.
- The Calendar will only be visible to BIKES members who are logged in.
- The Calendar will be updated Sunday June 7th with the rides previously sent in for June.
- All rides are RSVP to help ensure only 5 per ride group, including the Ride Leader.
- Closed: most park restrooms, water fountains and parking at some parks.
- Food establishments can reopen at reduced seating capacity, lines are likely.
- Some establishments may require face masks to enter.

BIKES Club Rides During the COVID-19 Crisis

The following precautions should be understood by all BIKES Club riders and Ride Leaders to help ensure the health and safety of everyone involved.

We will all need to be vigilant in maintaining good social distancing of 6 feet or more between each other with all activities until further notice. The primary social contact opportunities during a bike ride are sign-in, traffic stops, rest stops, and food stops where social distancing of 6 feet or more is needed. Social distancing during a ride is easier when at least three (3) bike lengths or more of open space between bikes is maintained. **If you do not feel well, please stay home.**

BIKES Club rides are for BIKES Club members only. Riders must feel well and not have any COVID-19 symptoms as identified by the [CDC](#). All BIKES Club rides require RSVP to the Ride Leader as identified in the ride posting. Signing the Ride Sign-In Sheet is required to participate in BIKES Club rides.

Riders shall bring for themselves:

- Hand sanitizer.
- Ink pen.
- Face mask for areas where required or when desired.

Ride Leaders for all BIKES Club rides shall:

- **Limit each ride group to 5 total people, including the Ride Leader** per the requirements of Washington's Phased Approach. RSVP ride postings are required on a first come, first served basis to help manage the 5-person limit no later than the day before the ride as identified in the ride posting. RSVPs are for a specific ride.
- If there are more than 5 people the group may be split during the RSVP period if another Ride Leader is willing to lead a separate ride.

- Each Ride Leader shall have a Ride Sign-up Sheet, pen, sealable plastic bag, and hand sanitizer.
- Be aware the Ride Sign-up Sheet has the waiver and provides a record of who was on that ride. Ride Sign-up Sheets can be used for contact tracing purposes if a rider is later diagnosed with COVID-19, and to show there were no more than 5 people on the ride.
- Be aware our club insurance is in effect when legal requirements are being met.
- Be aware our club insurance cover medical bills resulting from athletic injuries on a BIKES Club ride and do not cover illness/sickness/disease.
- Ride Leader is responsible to know and follow restrictions in other counties, states, etc. the ride will go through.
- After sign in is complete, the Ride Leader should seal the sign-in sheet, and the Ride Leader's ink pen if it was shared, in a sealable plastic bag, then sanitize their hands.
- In the pre-ride briefing include stating:
 - After sign-in riders should use hand sanitizer or wash their hands with soap and water.
 - The importance of maintaining social distance of 6 feet while stopped and at least three (3) or more bike lengths between bikes while riding.
 - No spitting and cover all nose blows, coughs and sneezes when anyone is behind while rolling or downwind when stopped.
- After the ride, the Ride Leader should treat the Ride Sign-In Sheet and shared pen as contaminated with hand sanitizing after handling the form, or better yet leave it in the sealed bag for at least 5 days.
- Ride Leader shall keep the Ride Sign-In Sheet for at least 5 days before sending to the BIKES Club President.

I know this is all very inconvenient, but this appears the best way to restart our BIKES Club rides. These precautions will continue until Phase 3 allows groups of up to 50 people.

Have a good ride!

Rick Proctor
President, BIKES Club of Snohomish County