

Cycling in the time of COVID-19

In March 2020, the Club Tread Executive cancelled Club activities in response to the COVID-19 pandemic. The Executive decided to restart Club events on a trial basis as of May 30, 2020. The following rules and guidelines should be followed by Club members on rides during this trial period.

Three basic principles

1. Members participate in events at their own risk.
2. Maintain physical distancing at all times.
3. Respect the health of other cyclists.

The following rules flow from these principles

1. No Club Tread indoor events will be allowed in the trial period.
2. Maintain group size of a maximum of 6 riders (unless broken up into two separate groups, with a maximum of 6 each).
3. Ride locally.
4. Maintain a minimum of 2 metres between yourself and all others when stopped and at intersections, stop signs and lights, as well as during breaks, meals, viewpoints, etc.
5. Maintain a minimum of 3 metres between yourself and all others when cycling.
6. Carpooling is not recommended and will not be organised by the ride leader. No vehicle exchange or shuttle using others' vehicles (e.g., to complete a one-way ride).

7. No spitting or snot rockets while riding unless at the very back of the group. All riders should bring your own tissues.
8. No member who is sick or has been in recent contact with a sick person may participate in a Club Tread event.
9. Only paid-up Club Tread members may participate while this policy is in effect.
10. It is up to the member to make sure the ride leader has a cell number and emergency contact number prior to the event.
11. Coffee, restaurant, and pub stops are not allowed on rides unless they can be taken outside with the appropriate social distancing.

Members who do not comply with these rules may be banned from future events with Club Tread. Club Tread fully supports a leader's actions required to enforce the rules above.

In addition, here are some suggested guidelines for ride leaders and cyclists:

- a) Avoid scheduling rides for busy times and busy roads and trails.
- b) Cyclists should bring a pair of gloves, a mask and sanitizer in case of emergency.
- c) Masks may be worn by cyclists but are not required.

The use of sign-up sheets will not be required during this period. All members are still bound by the waiver they have signed with Club Tread.