



Rider Recommendations for Cycling During COVID

Key Principles to Understand

- The virus that causes COVID-19 is easily transmittable but also controllable.
- COVID-19 is similar to influenza, not the chickenpox. The [symptoms](#) of COVID-19 include:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- Don't travel if you are sick or have been in contact with someone who is sick.
- If you feel sick, stay home.
- Decide if you are considered to be at a high risk for severe illness, if it is deemed you are, don't attend.
- Consider who you might make contact with when you return from travel.
- All riders should be symptom free for at least 14 days.
- Riders who are able should strongly consider getting vaccinated.
- The virus spreads through direct contact and droplets.
- Cover your mouth and nose with a mask when around others.
- Outdoor activities are probably the lower risk of infection, making cycling a great activity choice.
- Bring a spare mask.
- Wash your hands often with soap and water for at least 20 seconds (or alcohol based sanitizer with at least 60% alcohol).
- Avoid close contact with other riders (try to maintain a 6' social distance).
- Cover your coughs and sneezes.
- Clean and disinfect everything.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Bring all necessary liquids and food to be able to provide for yourself.