

Bicycle Club of Philadelphia

Rider Guidelines for COVID-19 Mitigation



BCP Group rides are resuming under a virus mitigation protocol, following developed with advice from medical experts, civil authorities and Cycling USA. We ask every rider to try to:

- Avoid contracting the virus from other riders. Any person could be infected, even without symptoms.
- Avoid spreading the virus to other riders. You could be infected without symptoms.

The following guidelines are in effect:

- 1. All riders should practice social distancing while riding and when stopped.**
- 2. BCP ride groups are limited to 10 riders or less (including the leader). Ride leaders may set a smaller group size at their own discretion.**
- 3. If too many riders show up for a ride, the listed ride leader has the authority to decide how to handle the situation. This includes deciding who will be allowed to ride with the group.**
- 4. Riders are encouraged to preregister for BCP rides online at: tinyurl.com/rideBCP This will take the place of signing in at the ride. If you do have to sign in at the ride, use hand sanitizer after doing so.**
- 5. Riders should stay 20 feet apart (3 to 4 bike lengths) while riding and at least 6 feet apart when stopped. Avoid bunching up and talking at traffic lights, etc.,**
- 6. Each rider should bring a mask and hand sanitizer. Riders are required to wear a mask when off the bike, but not when riding, provided proper distance is maintained. Hand sanitizer should be used after handling common items, such as a sign-in pen, another rider's bike, or tools from another rider.**
- 7. Each rider should try to be self-sufficient during a ride. Bring what you need for your ride, such as water, any food for the ride, inner tubes, items for performing minor repairs, and a cell phone.**
- 8. Riders should cooperate with and support ride leaders -- volunteers upon whom the club depends. If there is conflict with a ride leader, please stand down and inform a member of the BCP board.**

Remember the three S's – slower, shorter, safer. No matter what your ability, riding at a slower than normal pace, and for shorter distances, makes for a safer ride.

Ride defensively. Watch out for the other guy. Drivers have been speeding on open roads and streets. Road traffic is now increasing. More people are out biking, hiking and running.

Enjoy your ride and stay safe and healthy. Help other riders to do the same.