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INTRODUCTION

The October 27, 2020 San Francisco Shelter-In-Place Health Order requires that Fitness Clubs and Gyms that have outdoor classes should implement a Health and Safety Plan. The following constitutes our safety plan, to be revised when necessary. Please note that counties each have their own regulations for reopening businesses and they are not consistent; furthermore some counties have decided to follow only the state regulations on reopening businesses. This means that in addition to following San Francisco County's SIP regulations the club will have to follow the regulations in each county in which we offer rides.

If you wish to refer to the current SF Shelter-In-Place order you may find it here: <https://www.sfdph.org/dph/alerts/coronavirus-healthorders.asp>

RISK and SAFETY, CONTACT TRACING

Gatherings of any kind including group cycling involve the risk of being infected with SARS-CoV-2, the 2019 novel coronavirus, and subsequently contracting the disease COVID-19 despite the best precautions. People may be infected and show no symptoms but can still transmit the virus. In fact infected individuals may be even more infectious before they are symptomatic. Participation in club rides and events is voluntary. Participants should read the club guidelines for participating in rides and agree to comply with this Health and Safety Plan as well as all directions of the ride leaders/hosts. Participants assume the full and complete risk that is associated with exposure to and infection by SARS-CoV-2 during such participation. If a department of public health asks DSSF for a list of participants of a club ride for purposes of SARS-CoV-2 or COVID-19 contact tracing, the club will comply with the request. If you report you have tested positive for COVID-19 and have recently been on a club ride, we will pass that information to the department of public health as well.

EXACERBATING CONDITIONS

The risk of serious illness or death increases dramatically with age and underlying medical conditions. The San Francisco County Shelter-In-Place order strongly encourages everyone to stay safer at home and minimize unnecessary interactions with others especially if you are over age 60 or have a chronic medical condition. Please consider this risk when choosing whether or not to attend a club ride.

CLUB GUIDELINES IN EFFECT FOR THE DURATION OF THE STATE, SAN FRANCISCO AND OTHER COUNTY SHELTER-IN-PLACE ORDERS

Before rides:

1. ILLNESS: Do not come on a club ride if you are sick or have exhibited **ANY** such symptoms within the past 24 hours that is new or not explained by another condition:

- fever (100.4 F or greater)
- chills or repeated shaking/shivering
- cough
- sore throat
- shortness of breath, difficulty breathing
- feeling unusually weak or fatigued
- new loss of taste or smell
- muscle or body aches
- headache
- runny or congested nose
- diarrhea
- nausea or vomiting.

In addition, **just before** attending a club ride you should check your temperature to ensure it is in the normal range.

2. EXPOSURE: Do not come on a club ride if you have reason to believe that within the past ten days you have been exposed to SARS-CoV-2 or if you have had a positive COVID-19 test and have not yet been medically cleared. Also, if you live with or have had close contact with someone who in the past 14 days has been diagnosed with COVID-19 or had a test confirming they have the SARS-CoV-2 in that same period, do not come on a club ride.

3. MANDATORY PREREGISTRATION: You must preregister for a ride; for the time being there will be no onsite registration and you must register through the club website, which includes accepting the terms of the club liability waiver and Health and Safety Plan. Do not show up at a ride start without preregistering. Preregistration is required in order to ensure the ride limit is not exceeded, the Health and Safety Plan has been read and accepted, and to facilitate contact tracing if asked by a county health department.

4. FACE COVERINGS: All participants must have with them a face covering compliant with state and county guidelines; if you have a mask with vents, the vents must be completely sealed before you can join a ride. Your face covering must cover your nose and mouth.

Please plan to wear your face covering for the duration of the ride including the start & orientation and all stops. If you absolutely must remove your face covering while riding, please make sure you are at least 30 feet away from others and that no one is “downwind” from you (e.g. behind you when moving).

5. SOCIAL DISTANCING: Participants must at all times stay a minimum of six feet apart. If another participant has expressed that they want others to stay even further away, respect that distance.
6. CUE SHEET/MAP: No cue sheets or maps will be provided. Please download and print a map and/or cue sheet from the club website ride listing before the ride.
7. PHYSICAL CONTACT: Do not greet others by making physical contact such as shaking hands, hugging, or kissing unless that person is a member of your household or social bubble.
8. SHARED EQUIPMENT, RESOURCES: Do not share equipment such as pumps, tubes, and tools with others unless they will be disinfected immediately after use. Do not share water bottles or food.
9. MAXIMUM GROUP SIZE: Rides that enter San Francisco County must have no more than 25 participants. Rides that enter San Mateo County can have no more than 50 participants; rides in Alameda County can have no more than 20 participants. Rides entering Sonoma County must have no more than 12 participants. A ride leader/host may set a lower maximum group size with which they are comfortable. Riders may not join after the start unless they have notified the ride leader/host(s) in advance that they will do so and have properly preregistered in order to ensure the ride does not exceed the maximum allowable size and have read and agreed to the Health and Safety Plan.
10. Riders are responsible for being familiar with the San Francisco County Health Department's SIP order—as well as other county orders--particularly as it pertains to social distancing, use of face coverings, outdoor dining, etc.
11. No carpooling to and from club rides except for members of the same household.

During rides:

1. Maintain a safe distance from other riders and road/trail users. Stay at least six feet apart and more when moving especially if others do not use a face covering. Relative wind velocity and direction may cause respiratory droplets to be more readily inhaled necessitating staying further apart. A rule of thumb is the 'two second rule': stay two seconds away from another rider travelling in your direction. At 15-20 mph, two seconds is about 2.5-3 car lengths.
2. No drafting or pace lining.
3. No spitting or 'snot rockets' during rides
4. All participants must have with them a face covering compliant with state and county guidelines; if you have a mask with vents, the vents must be completely sealed before you can join a ride. Your face covering must cover your nose and mouth. You must wear your face covering at the ride start, whenever you cannot maintain safe social distancing when stopped OR moving, and at regrouping, snack stops, or on-route maintenance stops. *We recommend that you use your face covering for the entire duration of the club ride.*

5. Follow the directions of the ride leader/host(s) regarding this Health and Safety Plan. Ride leaders may remove a participant from the ride if they feel the rider is not complying with the DSSF Health and Safety Plan.
6. DSSF will not be providing hand sanitizer or other cleaning material. Please bring your own.
7. Ride listings may include information about availability of water, food, and rest stops. However they may not be available on the ride, so plan accordingly.
8. If during the ride you stop at a facility or business, comply with all its verbal instructions or signage, such as use of face coverings or social distance requirements.

After rides:

1. If you develop symptoms of COVID-19 or have a positive COVID-19 test within 48 hours of having attended a club ride, notify the club President immediately.

Ride Leader/Host Responsibilities regarding the DSSF Health and Safety Plan

1. Answer the questions on the Personnel Screening Form (see below). If you answer “YES” to any of the three questions, do not lead the ride and notify the club and registered participants that you are cancelling it.
2. You are responsible for ensuring that these guidelines are followed on your ride. If you are unwilling to enforce these guidelines, do not lead a ride.
3. Bring a copy of the DSSF HASP with you to the ride start. Verbally review the ‘Before’, ‘During’, and ‘After’ guidelines with all riders before starting the ride.
4. Ask if anyone has had any of the symptoms listed in the DSSF HASP and inform those who respond positively they cannot join the ride.
5. Do not hand out cue sheets or maps; refer participants to the ride listing.
6. If you observe behavior out of compliance with the DSSF Health and Safety Plan, please speak to the participant. If you are unable to obtain compliance, remove the participant from the ride in order to ensure the safety of the entire group.
7. Do not allow anyone who has not preregistered to join the ride; ask them to consider joining a future ride after having read our Health and Safety Plan.
8. Our rides are open to members and non-members alike as long as they preregister and comply with the Health and Safety Plan.
9. After the completion of the ride, please inform the board and/or ride coordinator of how it went and any issues you observed regarding the Health and Safety Plan.
10. Comply with all the above Club Guidelines.