

FLC SENIORS CYCLING CLUB MODIFIED RULES FOR CLUB RIDES

The Alberta Government and the Alberta Bicycle Association are encouraging outdoor activities such as cycling, provided participants follow Covid19 safety precautions. Our club opened the 2020 cycling season on June 21.

We encourage ride leaders to begin posting rides on the club website. Members need to follow the following modified, temporary rules:

1. Do not ride if you are in isolation or quarantine, are experiencing Covid19 symptoms such as cough, fever, fatigue, or breathing difficulty, or you have compromised immunity.
2. Before signing up for a ride on this website, open the Covid19 Screening Checklist and answer the questions.
 - If all your answers are NO, you may sign up for a ride
 - if any response is YES, you may not.
 - In the latter case, we suggest using the AHS's Online Assessment Tool to determine if they recommend testing.
3. If between the times you sign up and attend a ride, any of your answers change from No to Yes, you should cancel your sign-up immediately.
4. You will not be allowed to join a ride if you have not signed up for it.
5. The ride leader will read the COVID-19 questionnaire to all riders registered on the ride and make note of any questions answered YES. Anyone answering YES to any questions will not be allowed on the ride.
6. The ride leader will keep the ride list for 6 weeks to facilitate tracking if necessary.
7. Rides will avoid busy pathways and streets.
8. Groups will have no more than ten to twelve riders. Leaders may stipulate a lower number.
9. Any group wishing to follow the same route on the same day as another group will have to start its ride at least 15 minutes after the first group and have lunch in a different spot if the first group is still there.
10. Ride single file with a distance of 4 meters or more between bicycles depending on speed.
11. At all other times, particularly at stops, maintain a distance of 2 meters from others.
12. When passing, groups will give other riders and pedestrians as wide a berth as possible. Leaders courteously will slow the group down when appropriate, announce the intent to pass, and indicate the number of cyclists in the group.
13. Use bikes and tires in good condition.
14. Take self-sufficient lunch, snacks, and water.
15. Take a mask, gloves, and sanitizer for use in situations where physical distancing is not possible
16. Do not car-pool except with people in your household.