



COVID-19 Operating Plan

In order to help reduce the spread of the SARS-CoV-2 virus and COVID-19 illness ("COVID-19"), pedalTherapy clinics will implement the following protocols and procedures, for all public and private, group and one-on-one clinics, until further notice.

Fortunately, all pedalTherapy clinics are already well suited to mitigating the spread of COVID-19. All clinics:

- Are 100% outside
- Are small in size
 - 8 students / 2 instructors or
 - 6 students / 1 instructor
- Rarely require being closer than 6 feet (either instructor/student or student/student)
- Already encourage student-to-student distance and spacing to prevent crowding while practicing skills or riding, as part of normal mountain bike etiquette and good trail stewardship

With a few simple adjustments, a safe clinic can be conducted without putting students at any additional risk.

1. **Illness:** Students and instructors will be required to certify that on the morning of the scheduled clinic they do not exhibit any COVID-19 symptoms as defined at www.cdc.gov. If they do, their registration fee can be transferred to a future clinic at no charge. In unique circumstances, a full refund may be offered, at the discretion of pedalTherapy.
2. **Social Distancing:** Social distancing will be strictly enforced with 6 foot minimums. Mountain bikers have a built-in measuring stick - most adult mountain bikes are roughly 6 feet long (front tire edge to rear tire edge), so this makes for an easy visual reference.
 - During parking lot or trailhead practice sessions, "place markers" will be used to remind students of 6 foot minimums when not actively engaged on their bikes
 - 6 foot minimums will be required on trail or during skills practice, riding or stopping. This includes both pedalTherapy student-to-student and student-to-other trail users.

3. **Masks / face coverings:** Masks or face coverings, as recommended by www.cdc.gov, shall be used by instructors when social distancing isn't practical. Students may choose to wear a mask, but are not required. If so, they are required to provide their own mask or face covering.
4. **Sanitation:** Hand sanitizer shall be provided at pedalTherapy clinics. Students will provide their own bike and riding gear. Students may not share items with others or touch items belonging to others (including bikes), aside from those living in their immediate household. If the instructor needs to touch a student or their bike, hand sanitizer will be used before and after.

These guidelines may change as recommendations change, and will be updated as necessary. Please let me know if you have any questions or concerns.

Regards,

Scott Givens

BICP Level II Certified Mountain Bike Skills Instructor and Guide

602-881-2311