

**Subject:** Ready2Roll Cycling - COVID-19 Safety Precautions

**Date:** Monday, January 18, 2021 at 3:31:03 PM Central Standard Time

**From:** Steve Moskowitz

**To:** moskose@swbell.net

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Good afternoon Ready2Roll cyclists! Today is Monday, the day for safety and etiquette messages, so we felt it would be very appropriate to begin the Monday series with this message about our COVID-19 safety precautions...

This is a very important note to all enrolled participants, and we ask that you please read it carefully as we need EVERYONE's utmost attention and support.

Ready2Roll Cycling has been working many months to develop a comprehensive plan to address COVID-19 safety precautions. Our robust plan is carefully thought out, very specific and incorporates best-in-class tactics. With that in mind, no plan is perfect unless we have the full support, participation, and diligence of our riders and volunteers.

We are providing this note to ensure you understand our program, and confirm that you commit to embracing all COVID-19 safety measures indicated. The safety of our rider community is always paramount, and this is absolutely no different. At Ready2Roll Cycling, we have always had an incredible, caring and passionate community of safety-conscious people and are confident that each of you will play your part for the good of our training series community and follow all safety protocols. Frankly, without your commitment, we simply cannot offer a training series. Thank you in advance for your support and commitment!

OK, now it is time to get into the specifics...

## WEEKLY QUESTIONS

As part of our routine weekly communication about our upcoming ride, you will review a set of COVID-19 questions. Each week, please read the questions and if, for any reason you answer “Yes” to any of the questions, DO NOT attend the weekly ride. Stay home and rest up, and return to Ready2Roll Cycling at least 7 days after your exposure or any symptoms are completely gone and, of course, you can answer “No” to the full list of questions. This first step is essential and must be taken seriously.

Here are the questions:

- Have you or anyone in your household had any of the following symptoms in the last 21 days: sore throat, cough, chills, body aches for unknown reasons, shortness of breath for unknown reasons, loss of smell, loss of taste, fever at or greater than 100 degrees Fahrenheit?
- Have you or anyone in your household tested positive for COVID-19?
- Have you or anyone in your household traveled outside of the U.S. in the past 21 days?
- Have you or anyone in your household cared for an individual who is in quarantine or is a presumptive positive or has tested positive for COVID-19?
- Do you have any reason to believe you or anyone in your household has been exposed to or acquired COVID-19?
- To the best of your knowledge have you been in close proximity to any individual who tested positive for COVID-19?

## TRAVELING TO THE RIDE

In the prior years, Ready2Roll Cycling has spent a fair amount of time suggesting riders seek fellow riders to join them and carpool to and from the rides. Given the current COVID-19 environment, we suggest riders only carpool with others that they know are safe and free from COVID-19. Extreme caution should be exercised when choosing your carpool mates. We will have less riders in the training series this year and therefore, our vehicular footprint in the small communities will be significantly reduced.

## ARRIVING/SIGNING IN AT THE RIDE

As you arrive at the training rides, park your vehicle - we'll have volunteers helping when the parking is limited. Before you exit your vehicle, put your mask correctly on your face covering your nose and mouth. Once you have done this, get your bike and gear ready to ride.

With your mask on, remember to walk over to the sign-in area and sign in for the ride. This same process of having your mask on also applies when you have completed your ride. The good news is that, during the peak sign-in period, we will have volunteers at the sign-in tables, to sign you in. Signing-in and Signing-out are very important as it allows Ready2Roll Cycling to know you arrived at the ride and also, you have safely completed the ride. If a volunteer is not present to sign you in or out, please take a pen from the "clean" bin and, after you have initialed, place the pen in the "used" bin.

## RIDE START AND RIDING

Please note that one of the biggest adjustments Ready2Roll Cycling has made this year is to replace our usual wave start with an extended "open" start window. Riders will get on the road, individually, or in small, socially distanced groups, beginning about 8:00 am and continuously trickle out until about 9:00 am. We will communicate any cut-off times for longer routes in the weekly email - these are usually only an issue in the first half of the season when we focus on the shorter ride distances.

Once Ready2Roll Cycling officials indicate the route is open, make your way over to the starting area. You will hear some short safety and route reminders repeating in the start area. Remove your mask and place it into your pocket as you begin your ride.

While on the road, if you are being passed or passing other riders, please communicate your approach, pass quickly and allow extra space, being careful not to move too far into the traffic lane. When it comes to safety and specifically COVID-19, the less time spent overlapping the better. All efforts should be made to avoid "drafting" with other riders unless riders are comfortable and feel safe that the group is COVID free.

## AT REST STOPS

When you arrive at the rest stop, please dismount your bike and place it in the designated area identified. Immediately place your mask on covering your mouth and nose and proceed to the food/drink area. EVERYONE must stop

first at the Hand Sanitizer Station and apply some hand sanitizer to their hands. This applies to all riders and is a critical step toward COVID safety. There will be signage as well as volunteers directing you first to this station.

Following the hand sanitizer station, a dedicated rest stop volunteer will provide instructions on the directional flow of the rest stop. It is important you please follow the directional flow stated by the volunteer as we want all participants socially distanced and walking around the rest stop in the same direction without overlap. Important you be patient and respectful of others. You will note that all snacks are packaged, including the banana's (that is "Steve's joke" as the banana's come pre-packaged in the peel).

The water and Powerade coolers will be placed on tables at the rest stop but due to COVID-19, the process for you to refill your bottles will be different than prior years. You will remove your water bottle lid and approach the coolers. A dedicated volunteer, wearing both a mask and gloves, will press on the water cooler lever and refill your bottle. Important to note that the bottle never leaves your hand and the dedicated volunteer never touches your bottle.

After you finish getting food/drinks, please proceed to the designated area set aside for socially distanced eating and drinking. You can remove your mask in this area.

Should you need a rest room stop, put your mask on, walk over to the portalet area and socially distance in line. Before/after your visit to the portalet, stop at the hand sanitizer station in the area and place trash into the plastic bag in this area.

Finally, when you are done at the rest stop, discard all of your trash into identified trash bags and then walk back to your bike. Remove your mask, place it in your pocket, and safely make your way onto the roadway to resume your ride.

## SAG

If you happen to encounter the need for a SAG vehicle, remove your helmet and put your mask on before communicating with the SAG driver. SAG drivers will require their passenger to sit in the back and wear a mask during transport. SAG drivers are instructed to transport one person at a time and will not be

making multiple pickups. If you are riding with another rider and both of you need to travel together back to the start, it is 100% up to the discretion of the SAG driver as to them taking multiple passengers. Limiting the number of passengers is a COVID safety measure for both the passenger and the volunteer SAG driver.

## FINISHING

When you finish your ride, proceed back to your vehicle where you will dismount your bike and place your mask back on. Proceed to the sign-in/sign-out area and sign-out. This will involve informing a volunteer at the table that you have finished. They will need your last name followed by your first name so they can locate you on the sign-out list. If for some reason a volunteer is not present when you arrive, kindly take a “clean” pen for the identified container, initial the list alongside your name indicating you have completed the ride, and then place the pen into the “used” pen container.

We hope you read this entire note from the beginning to the end (and file it in the folder we asked you to create) as it is required that we have everyone following these COVID safety measures. Please don't be “that person” who is the outcast and decides to proceed differently. We simply cannot and will not allow that to happen as it puts riders and volunteers at risk, and jeopardizes our ability to offer this training series. We take this matter extremely seriously and if we receive complaints that an individual is intentionally electing to not follow the COVID safety measures noted, we have no other choice but to remove them from Ready2Roll Cycling.

If you feel you cannot follow the COVID safety measures noted, please contact us ASAP to change your participant status for 2021.

We want to end this email on a very positive note. We are so excited to have each of you as you part of Ready2Roll Cycling training series and are confident that you will have a safe, wonderful, fun and rewarding experience. We look forward to seeing you very soon.

Thank you for all your support,  
**Steve, Marshall, Robbie and Jan**  
Ready2Roll Cycling