



EveryPedal MTB Health Guidelines

Hello families! There are several modifications we must follow to keep our riders, our coaches, our families and our community safe. We will continue to follow the advice and guidance of public health experts.

Every Pedal will conduct activities in accordance with the [State of Colorado](#) and [City of Durango](#) Guidelines for Outdoor Recreation.

The critical pieces of the guidelines are below.

1. The first line of defense starts with you and me individually. Please self monitor for the following conditions before practice and camps each week:
 - a. Fever, cough, muscle aches, tiredness, or shortness of breath in the past 14 days
 - b. Lost or altered sense of smell or taste
 - c. Exposure to anyone else who appeared sick
 - d. Travel to any place listed on the [U.S. Department of State Travel Warning](#) list in the past 14 days

If you notice any of these symptoms or you or a person living in your household has traveled to a high risk place in the last 14 days please do not come to practice!

2. **Riders will be in groups of no more than 12** people including your coach.
3. **Riders must wear gloves and bring a mask or buff.** Please ensure these items are washed in warm, soapy water prior to each practice.
4. **Riders and coaches are not allowed to share** snacks, sunscreen or any other gear.
5. **Coaches and riders will avoid** touching or sharing of equipment and each other. This means no hugs, fist bumps, bike maintenance or spotting riders. As a result, practices will not include skills or games that require hands on interaction. Riders and coaches may not share food, water, sunscreen, or any other gear. *We are sad about this part but our safety and ability to have fun while we get to be together is our top priority this season!*
6. **In the event of an emergency**, coaches will follow proper social distancing protocol to the best of their ability while attending to the safety and needs of their riders.
7. **During drop off and pick up**, masks must be worn if you will be within six feet of other families and coaches. Please refrain from gathering to visit.
8. **If a coach or rider tests positive or develops symptoms** after attending a session - we need to trace potential exposure and communicate to that group and coaches and recommend self-isolation for all individuals for 14 days.