



Delaware

2020 Group Riding Requirements

Sussex Cyclists ("Club") operates under published guidelines and requirements that will be vigorously enforced by the Club Ride Leadership and are expected to be followed on Club Group Rides by all riders.

- It is the **role of the Ride Leader** (assisted by Assistant Ride Leaders and Sweep Riders) to monitor and address ride safety issues on Club Group Rides and all riders are expected to accept their feedback and decisions without debate.
- **If any rider is requested by a Ride Leader to leave a Club Group Ride, they must do so without further discussion.** A rider who is asked to leave a Club Group Ride may be prevented from joining future Club Group Rides and should discuss the circumstances of their ejection with the Club Ride Director to insure their ability to participate in future club Group Rides.
- It is the **role of all participants** to ride and behave in a safe, courteous manner, enhance their knowledge of group riding and to assist each other in a constructive manner to improve riding skills and eliminate risky behaviors.

Our Guidelines can be summarized by the following statement.....

“Come prepared; Pay attention; Be predictable; Ride straight; Point out hazards; Know and obey the law; Peacefully and safely coexist with other cyclists, vehicles and pedestrians.”

Below is a list of specific requirements which are intended to clearly layout the preparation for and behavior on Club Group Rides. **It is not intended to be an exhaustive detailing of all potential safe riding rules.**

What you are REQUIRED to do before you participate in a Club Group Ride

- Select a club [Group Ride Speed/Distance Category](#) appropriate to your ability and conditioning – if in doubt, join an easier ride.
- Register for the ride you have chosen and no later than 24 hours before ride start you will receive an email notifying you whether or not you have secured a reservation for that ride.

- Make sure your bike is properly maintained and your tires are pumped up. **Be familiar with the following information posted on our [Club's website](#):**
 - [Group Riding Guidelines](#);
 - [Group Riding Safety/Etiquette Review](#);
 - [Group Ride Waiver of Liability](#); and
 - Bike Delaware's summary of the "[Bicycle Friendly Delaware Act](#)" (enacted into law on October 17, 2017).

What you are **REQUIRED** to adhere to on Club Group Rides

- **Helmets that meet the [Consumer Product Safety Commission \(CPSC\) standards for BICYCLE helmets](#) are mandatory.** Always ride with one that is in good repair, properly fits you and is correctly adjusted and worn.
- **Earphones of any type are prohibited** (except for hearing aids).
- **Carry a spare tube** (correct size and type valve/length for your wheel set that is in good repair), an **inflation device** (frame pump and/or CO2 cartridge - appropriate for your type valve), and a **set of tire levers** (a basic multi-tool is also desirable).
- **You may carry your cell phone**, but use it only when stopped and off the road where you will be safe from vehicular traffic and won't create a safety issue for other cyclists. It is rude to the other riders to hold up an entire group while you are on a call and you may be asked to catch up to the group on your own if you stop for a call (even on a "no drop" ride).
- **Time Trial ("tt") bikes are prohibited on rides "B+" and under.** They may allowed on "A" rides at the Ride Leader's discretion.
- **Use of Aereobars are generally not allowed.** Subject to the Ride Leader's discretion, they may used when riding in the lead position.
- **Pedal assisted eBikes that are safely ridden/operated in a Group Ride are permitted except for training ("B+" and "A") rides.** Subject to the Ride Leader's discretion, you may asked not to ride in certain positions within a group.

COVID-19 coronavirus precautions you are **REQUIRED** to observe for Club Group Rides

- **There are two concerns for every rider - you may inadvertently infect another person or another rider or person may infect you.**
 - Those infected with COVID-19 have had a wide range of symptoms reported – ranging from no symptoms (asymptomatic) to severe illness.
 - Symptoms may appear 2-14 days after exposure to the virus and you may be infected by someone who is asymptomatic.

- The period of greatest risk of transmission includes the initial 1-4 days of infection - when someone may be pre-symptomatic and symptoms may not be evident.
- Many of our riders are "at risk" because of their age and may have underlying health and medical conditions that makes them more vulnerable to contracting the virus, and if they are infected, have a longer recovery period or higher mortality rate.
- **DO NOT RIDE if you have been exposed to someone over the past fourteen (14) days who has been diagnosed as having COVID-19 and/or you are experiencing or have experienced over the past fourteen (14) days any of the symptoms of COVID-19 including:**

• Fever or chills	• Headache
• Cough	• New loss of taste or smell Sore throat
• Shortness of breath or difficulty breathing	• Congestion or runny nose
• Fatigue	• Nausea or vomiting
• Muscle or body aches	• Diarrhea

- **Observe the following "Best Practices" to protect yourself and others from contracting or spreading COVID-19:**
 - Take your temperature before you leave your home. **If your temperature is more than one degree above your "normal" temperature or 100.0 degrees or higher, do not leave your home**, If you have reserved a spot for a Group Ride notify the Ride Leader in advance of the start time that you will not be participating.
 - Wash your hands often with soap and water for at least 20 seconds (or alcohol based sanitizer with at least 60% alcohol - let it evaporate instead of wiping off).
 - Cover coughs and sneezes (and no "snot rockets", please)
 - Avoid touching your eyes, nose, or mouth with unwashed hands and wear eye protection while riding.
 - Bring all necessary liquids and foods to be able to provide for yourself.
 - **Social Distancing and Face Coverings** (made from cloth or masks to prevent the spread of your droplets) are required in Delaware for all group gatherings with those outside your household. While less than 6' apart (inside or outside), going into stores, or in proximity to others, Governor Carney's State of Emergency and subsequent orders **REQUIRES YOU TO HAVE A PROPERLY WORN FACE COVERING**.
- **For cyclists participating in Club Group Rides, the following Social / Physical Distancing practices will be observed:**
 - When **STATIONARY (while off bike) or STOPPED (while on bike)**, maintain **AT LEAST 6' separation and face covering is recommended; if less than 6' apart you must cover your nose and mouth to protect others** (new alert: "Masks Up").
 - When **RIDING ON TRAILS** where it is likely that will you pass (in either direction) other cyclists, runners and walkers; since you will always be closer than 6' apart you must cover your face to protect others. It also sets a good example to other trail users and demonstrates cyclists in

general, and Sussex Cyclists members specifically, understand the importance of taking measures to prevent the spread of their droplets and potentially infect others with the COVID-19 coronavirus or other respiratory coronavirus (including the flu/influenza and common cold).

- When **RIDING ON ROADS, unless mandated by the Ride Leader (with prior notice), face coverings are optional if a minimum separation of 6' laterally and in line (approximately one bike length) is generally maintained.** If passing other cyclists or pedestrians, (if safe) a minimum of 6' separation is required; otherwise, face coverings are required (it is easy and safe to cover your face while riding if you wear a bandanna or gaiter around your neck and raise it, as needed). **We suggest separation when in line between 6' (approximately one bike length) and 12' (approximately two bike lengths).** Depending upon speed and intensity of the ride, to further guard against spread of droplets from other riders' respiratory signatures, riders may choose to be between three (3) bike lengths (approximately 18 feet) to eleven (11) bike lengths (approximately 66 feet) apart, but only if the ride route, vehicular traffic, road and weather conditions permit additional spacing between riders.

IF YOU ARE NOT A CLUB MEMBER, PLEASE CONSIDER [JOINING SUSSEX CYCLISTS](#). YOUR PARTICIPATION WILL SUPPORT OUR ENDEAVORS IN PROMOTING SAFE AND ENJOYABLE CYCLING IN LOWER DELAWARE.

Sussex Cyclists, Inc., a 501(c)(3) organization