



COVID Guidelines for Icebreaker and Weekly Rides

Based on the most recent information provided by the Centers for Disease Control (CDC), and USA Cycling, the Board of Governors (BoG) has decided to move forward with the Icebreaker rides, and to re-start the weekly ride schedule.

The BOG realizes that club members are likely to be in various stages of vaccination, ranging from none at all, to many who are fully vaccinated. As such we have adopted the guidelines below to allow for safe and fun riding as we navigate through this pandemic.

The Icebreaker ride will be held on Sunday, April 25th, starting and finishing at the DMV parking lot in Putnam, CT. A 22 mile ride will begin at 11:00 AM, and a 10 mile ride will begin at 12:00 PM. Plans for post ride refreshments are being worked on, but have not been solidified at this time.

Weekly rides will begin the following day. The weekly rides are as follows;

- Monday ride from the Danielson parking lot near the former DAS shop at 6:00 PM
- Wednesday beginner ride from the DMV lot in Putnam at 6:00 PM
- Thursday ride from the DMV lot in Putnam at 6:00 PM (**moved from Danielson start**)
- Sunday rides (long track and short track) from the DMV in Putnam at 8:00 AM

1. **Participants must be registered members of the Quinebaug Valley Multi-Sport Club**, as due to COVID guidelines USA Cycling has recommended the elimination of paper waiver forms at all events.
2. All participants, regardless of vaccination status, will be required to wear masks and practice social distancing before and after the rides. Some common sense suggestions;
 - Spread out in the parking lot when unloading bikes and preparing for the ride.
 - Consider riding from home if you live nearby.
 - Bring hand sanitizer.
 - Avoid handshakes and other forms of contact.

April 8, 2021

3. All riders should have had either a full or partial vaccination, or have had a negative COVID test within 10 days of the ride.
4. There will be no mass starts or group photos in order to minimize close contact.
 - Based on current CDC guidelines, riders who are fully vaccinated (have received their second vaccination injection no later than April 11, 2021) can ride together in groups of up to 10 riders.
 - All other riders should ride with family or friends they have been in regular contact with in groups of no more than 5 riders.
5. Club members who choose to attend the post ride refreshments are urged to follow all current CDC and local health organization suggestions for safe dining.

The BOG will revisit the guidelines on a monthly basis, and will amend them as appropriate based on guidance from the CDC and USA Cycling.

Thank you for your cooperation and we can't wait to see you!

-QVMultisport Board of Governors