

In order to keep everyone safe, the Club has established some additional rules for all who wish to ride. If you are unable to conform to these rules, please do not show up at the start; if you fail to conform to these rules, you will be asked to leave the ride. Let's make sure our rides are fun *and safe for all our members*.

LIABILITY WAIVER

Our insurers have added text in the required waiver to emphasize that infectious diseases (such as Covid-19) are not covered. Please print the [revised Waiver document](#) from the web site, and bring it, signed, to your first ride.

CURRENT HEALTH:

At the start of the ride you will be asked to certify to your good health as follows and must be able to answer "No" to all of the following CDC questions:

- a) Have you experienced any of the following symptoms in the past 48 hours: • fever or chills • cough • shortness of breath or difficulty breathing • fatigue • muscle or body aches • headache • new loss of taste or smell • sore throat • congestion or runny nose • nausea or vomiting • diarrhea.
- b) Within the past 14 days, have you been in close physical contact (6 feet or closer for at least 15 minutes) with a person who is known to have laboratory-confirmed COVID-19 or with anyone who has any symptoms consistent with COVID-19?
- c) Are you isolating or quarantining because you may have been exposed to a person with COVID-19 or are worried that you may be sick with COVID-19?

If you answer "Yes" on any of these you may not ride with the group.

ON THE RIDE:

Initially, rides will be small group rides only as preferred by the largest number of our members.

Rides will be maximum 5 riders in a group. From Rider 6 the group will be split as evenly as possible to ensure no more than 5 are in one group. The second and subsequent groups will start 10 minutes after the previous one.

You must have a mask or similar face covering, which you must wear covering mouth and nose at the start, at any stop and at the finish.

In **no** circumstances will you spit or clear your nose.

When stationary at stop signs / traffic lights, maintain spacing of at least 6' front, back and to the side.

During the Covid-19 pandemic and until further notice, all riders agree to be bound by the club's Covid-19 Ride Rules.

NCCC Board