\* At any point while on a club ride, riders must adhere to social distancing and face mask guidelines.

- Wear a face covering over the nose and mouth when within six feet of others not in your immediate household.

- Wear a face covering when riding on a trail or any other area where pedestrians are common.

- Maintain at least six-foot spacing at the start, regroups and breaks, except from those in your immediate household.

- Maintain at least six-foot spacing during the ride including traffic stops (e.g., NO drafting, pace-lining, side-by-side riding, clustering at stop lights), except from those in your immediate household.

- Wash hands with soap and water for at least 20 seconds or use hand sanitizer after breaks.

- Use a handkerchief or sleeve or elbow to cough, sneeze, blow one’s nose or spit.

- Leave the ride for noncompliance at the ride leader’s direction.

\* To lead a ride, a club member must post to the FFBC Calendar at least two (2) calendar days before the ride.

- Only club members with current memberships may lead rides.

- To submit a new ride, follow these instructions: http://ffbc.org/rides/ride-entry/ or contact the ride coordinator (ridecoordinator@ffbc.org).

- Specify a limit on the number of riders (including yourself), if you prefer. Max 50.

- Optionally, include the following statement: “Members who are fully vaccinated or cannot be vaccinated are preferred. For reasons of medical privacy, no proof of vaccination will be required.”

\* To join a ride, no later than the prior day:

- Only club members with current memberships may join rides. You may not invite non-members.

- Review the ride description to ensure you meet all requirements.

- If the ride leader requires advance registration, email the ride leader with your full name, mobile number and emergency contact’s number. (The ride leader will enter this information on an FFBC sign-in sheet.)

- Ensure you agree to the FFBC Ride Waiver, below.

- If advance registration is required and the ride is full, the ride leader will let you know.

\* At the start of a ride:

- If a sign-in sheet is required, sign in.

- Signing in means you agree to the FFBC Ride Waiver, below.

- Wear a face mask and maintain 6 ft spacing.

\* During a ride, all riders are expected to be fairly self-sufficient.

- The ride leader will carry the completed FFBC sign-in sheet and an incident reporting form.

- Print and bring your own cue sheet.

- Pack plenty of water, snacks, a pump and tubes.

- Social Distance/mask when taking care of mechanical issues and flats.

\* After the ride:

- The ride leader will email an image of the sign-in sheet to pedalpounders@ffbc.org for riders to receive credit.

- Any rider who develops COVID-19 symptoms or has a positive test should notify the ride leader and ride coordinator (ridecoordinator@ffbc.org).

FFBC RIDE WAIVER

I am a current member of the Fremont Freewheelers Bicycle Club (FFBC) and have signed the Club's “Release of Liability” on the club's membership form. As specified on the Release of Liability, bicycling activities have many risks and dangers of serious bodily injury, including viral infections, bacterial infections, transmission of other communicable diseases and illnesses that may result in permanent disability, paralysis and death. Within the two weeks prior to this ride, neither I nor, to my knowledge, anyone with whom I have had close contact have had any COVID-19 symptoms or received a positive test. Within the two weeks after this ride, if I develop any COVID-19 symptoms or receive a positive test, I will notify the ride leader and ride coordinator who will then notify the FFBC Board, pedal pounders manager and riders from my prior two weeks’ club rides. If a public health official asks for a list of riders, I understand that FFBC will provide my name and contact information. By providing the ride leader with my name, mobile number and emergency contact number, I agree that all these risks are covered by the Release of Liability.