

## COVID ADVISORY

### STATEMENT

As we begin the 2022 season, Covid 19 is still very much in our communities. As our knowledge of the disease increases, recommended guidelines and protocol will also change. We appreciate your understanding and patience as we all navigate the season with the utmost care and safety guidelines in place. Our management of rides and practices will adjust based on local/state public health guidelines with NICA best practices and CIF guidelines.

### GUIDELINES

1. Rides will be limited to riders, coaches and ride leaders.
2. Riders and coaches/ride leaders will be prescreened before every practice/race using the Team Snap health check. Make sure that you complete this very quick screening PRIOR to your arrival.
3. It is mandatory to bring a face covering to every practice/race in case the need to mask arises.
4. It is especially important that as a group we are maintaining social distance of 6' before and after the rides and whenever possible on the trail. Please call passes earlier than normal to allow riders time to find a safe, wider spot in the trail.
5. Water and snacks are not to be shared. Please plan to be self-sufficient.
6. Upon arrival, please go directly to your assigned group. At dismissal, go directly to your car
7. No high fives, fist bumps, spitting, snot rockets, etc.
8. When possible, the rider groups and their assigned coaches will be grouped together.
9. Any student with a health risk issue should consult with a physician before beginning the season.
10. Any student with cold-like symptoms (fever, sore throat, stuffy nose, chest congestion, etc) must stay home. If a rider becomes ill during the training, they will be returned to the parking lot or trail head immediately.
11. Any rider or coach that is exposed to Covid will contact their head coach or team director immediately.
12. Carpooling is not recommended at this time.
13. Any violation of these expectations will result in the rider being referred to the Team Director and/or BOD for disciplinary action.

By signing below, I acknowledge that I have read, understand, and agree to the rules outlined in the Covid Advisory.

Rider Name: \_\_\_\_\_ Date: \_\_\_\_\_

Rider Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_