



KCC's response to Covid-19

Our Member's safety is very important to us. We realize this situation is evolving, we have reached out to the HKPR District Health Unit for recommendations on how to proceed with group cycling.

The following are the recommendations for KCC.

1) Stay at home and do not ride or attend club events if you feel unwell even if symptoms seem mild – current symptoms related to COVID19 can be found on the following MOH web page [here](#).

It is the responsibility of riders to be aware of all the symptoms of COVID-19 (as things have changed/been added). Riders should also do a self-assessment/screen prior to participating in a ride. The link for the self-assessment is on that same page above where the symptoms are listed. You could do that, or create your own health screening sheet.

2) Avoid all physical contact before during and after rides and maintain the current Ontario recommendation of no more than 10 riders and 2 metres apart from other riders - no handshakes or hugs (This recommendation is subject to change).

3) Practice good respiratory etiquette and cough or sneeze into your elbow well away from other riders

4) Refrain from spitting and/or blowing your nose while riding if possible. If you must clear your nose or throat fall well back behind all other riders to do so. Wash your hands or use an alcohol-based hand sanitizer as soon as possible after.

5) Avoid touching your eyes, nose and mouth

6) Wash your hands with soap and water for at least 15 seconds after riding, before eating, and after using the bathroom. If there is no hand wash basin available, use an alcohol-based hand sanitizer containing 70% alcohol and use enough to allow hands to remain wet for 15 seconds. Consider carrying a small container of hand sanitizer in your jersey pocket or bike bag on all rides.

7) Launder riding gloves between each ride along with jerseys, shorts, riding sleeves, skull

caps, etc.

8) Wash, rinse and sanitize water bottles after each ride. There should be no sharing/touching of other's water bottles (or any equipment) as everyone should be a minimum 2 metres away from each other, so if everyone is washing their own water bottles at home, just like their own dishes, this should not be a concern.

You are welcome to refer people to the HU website for more information/resources. There are videos and posters on hand washing, using hand rub, respiratory etiquette etc.

Here are links to [videos](#) and [printable](#) posters:

9) Spray handlebars between rides with a disinfectant spray - e.g. lysol