



KCC's updated response to Covid-19 as of Dec. 1, 2021

This Policy will be updated by March 2022 and as situations change.

Our member's safety is very important to us. We realize this situation is evolving, we continue to reach out to the HKPR District Health Unit and the Cycling Associations for recommendations on how to continue with group cycling.

The following are the recommendations for all KCC members.

- 1) ALL STRONGLY ADVISED TO GET FULLY VACCINATED
- 2) If not fully vaccinated avoid all physical contact before during and after rides and maintain 2 metres apart from other riders - no handshakes or hugs. Masks are required if separation is not possible.
- 3) For KCC Indoor events and Away Trips all Participants must be fully vaccinated
- 4) 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](#).
- 5) Practice good respiratory etiquette and cough or sneeze into your elbow well away from other riders
- 6) 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.
- 7) Avoid touching your eyes, nose, and mouth
- 8) 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.