



## Protocols for Major Taylor Los Angeles (MTLA) Club Rides

To provide the safest environment possible, MTLA Cycling Club encourages riders adhere to the following recommendations, as outlined by [LA County Department of Public Health](#):

- **Masking:** All ride participants are encouraged to carry a mask that covers the nose and the mouth. Keep in mind, businesses, employers, transit providers, and venues may choose to continue to require indoor masking for everyone to protect workers, even when not required by the County, Cal/OSHA, or CDPH. To ensure the safety of all participants, wear it when entering indoor establishments during rest stops.
- **Limit Exposure:** If experiencing symptoms of COVID-19 or the flu, stay home.
- **Hand Hygiene:** Handwashing is one of the best ways to prevent illness and spreading germs to others. Wash your hands frequently with soap and water or use hand sanitizer with at least 60% alcohol. Avoid eating and touching your face or others with unclean hands.
- **Get Vaccinated:** Those who are eligible should strongly consider getting vaccinated for COVID-19 and the flu and stay up to date with boosters.

### CASE REPORTING:

If you are a close contact with a known COVID-19 positive person, develop symptoms of COVID-19 or have a positive COVID-19 test within two days after a Club ride, we ask that you inform a member of the Board at [info@majortaylorcyclingclubla.org](mailto:info@majortaylorcyclingclubla.org). Your identity and health information will remain confidential. It is also strongly recommended that you contact riders that you were in proximity (within 6 feet for a total of 15 minutes or more over a 24-hour period) and inform them of exposure.