



Protocols for Major Taylor Los Angeles (MTLA) Club Rides

In Los Angeles County, gyms and fitness centers, public and private parks and pools, trails, campgrounds, beaches, adult sports leagues and recreational activities can operate with no social distancing or capacity restrictions. To view the County of Los Angeles Department of Public Health's *Best Practices for Recreation, Fitness, and Sports*, visit the link <http://publichealth.lacounty.gov/media/Coronavirus/bestpractices/recreation-fitness.htm> or point your phone's camera at the QR Code.

To provide the safest environment possible, MTLA Cycling Club rides will adhere to the following recommendations, as outlined in LA County Public Health's [Best Practices](#) document:

- **Face Masks Indoors:** All ride participants are required to carry a face mask that covers the nose and the mouth and wear it when indoors at rest stops to protect the safety of all participants.
- **Physical Distancing:** It is recommended that you maintain physical distancing when at rest stops. Avoid crowding and stay at least 2 arms lengths away from others (about 6 feet) if possible.
- **Hand Hygiene:** It is recommended that you practice good hand hygiene. Wash your hands frequently with soap and water or use hand sanitizer with at least 60% alcohol. Avoid eating and touching your face with unclean hands.

In addition, MTLA will adhere to the following [Group Ride Recommendations](#) outlined by USA Cycling:

- All riders should be symptom free for 14 days (Fever, chill, fatigue, cough, upper respiratory infections symptoms, body aches, loss of smell or taste)
- If you are feeling sick, stay home
- All riders that have engaged in an activity that puts them at risk should not participate (i.e., contact with known or suspected COVID-19 patients within the last 14 days)
- Reduce droplets: if you have to sneeze, cough, blow your nose, etc. drop back and ensure that no one is in your slip stream.
- No contact: no passing of water bottles, food, etc.

All group ride participants must sign a 2021 ride waiver including agreement to abide by the MTLA protocol.

A current copy of the Public Health's *Best Practices for Recreation, Fitness and Sports* will be available to all members of the cohort and posted on the MTLA Club's website or other outlet for reference. Ride leader(s) will have a current copy available for viewing.

CASE REPORTING:

If you 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. Your identity and health information will remain confidential.