



Protocols for Major Taylor Los Angeles (MTLA) Club Rides

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

- **Carry a spare mask that fits and filters well:** All ride participants are required to carry a spare face mask that covers the nose and the mouth. To ensure the safety of all participants, wear it when entering indoor establishments during rest stops and outdoors when physical distancing is not feasible and there is and crowding. Medical-grade masks should be worn, such as surgical masks, KN95 or N95. Cloth masks are not effective.
- **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.
- **Get Vaccinated:** Those who are eligible should strongly consider getting vaccinated for COVID-19 and the flu and stay up to date with boosters.

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

- 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., close contact with known or suspected COVID-19 patients within the last 10 days)
- Reduce droplets: if you must sneeze, cough, blow your nose, etc. drop back and ensure that no one is in your slip stream.
- Those who are able should strongly consider vaccination

All group ride participants must sign a 2023 ride waiver including agreement to abide by the MTLA protocol.

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. 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.