

MTBCornering San Diego COVID-19 Procedures

Local, State and Federal Government guidelines will apply when applicable. We follow the guidelines of BICP (<https://icp.bike/wp-content/uploads/2020/05/COVID-19-BICP-GUIDLINES.pdf>) and OSHA (<https://www.osha.gov/SLTC/covid-19/>).

The following instructions complement the BICP and OSHA standards for Adventures, Groups and One-on-One Clinics and will be used for everyone's safety.

Healthy Athlete Big 5: All guests and guides will...

- ride and function at least 6' apart.
- be self-sufficient with food, fluids and tools.
- wear face coverings when not in movement and not touch their face.
- wash hands frequently with soap and water or hand sanitizer.
- stay home if they have symptoms.

When booking your Clinic/Adventure:

- Adventure guests will only be able to book single occupancy rooms
- Adventure guests who are family members and who wish to share a room should contact us to make arrangements

Two days prior to Clinic/Adventure:

- All guests will take and report their temperature to MTBCornering *
- If guests have knowingly been in contact with COVID-19 positive individuals or animals in the last 14 days, they will inform MTBCornering of such contact*
- Attendee safety bike check will have been performed by an approved retailer (Del Sur Bike / Poway Bikes / Cal Coast Bicycles / UCCyclery) and reported to MTBCornering or otherwise conducted and approved by MTBCornering

One day prior to Clinic/Adventure:

- All guests will take and report their temperature to MTBCornering *
- If guests have knowingly been in contact with a COVID-19 positive individuals or animals in the past 24 hours, they will inform MTBCornering of such contact*
- All waivers and paperwork shall be submitted electronically to MTBCornering.

Day of Clinic/Adventure:

- Each guest will check in with the guide separately. If information is to be collected it will be done electronically. Guests will remain at least 6' apart while waiting.
- Guides will take the temperature of all guests at check in using a no-touch thermometer*
- Guests will confirm that they have NOT been in contact with COVID-19 positive individuals or animals in the last 14 Days*
- Guests that still need a bike check will be required to arrive 30 minutes prior to check in.
 - Guide will ask the guest set the bike down and step back 6'
 - The guide will inspect the bike wearing PPE and make repairs if needed.
 - The guide will set the bike down and step back 6'

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- The guest will be free to retrieve the bike
- A hands-free hand sanitizer dispenser will be available to guests at check in.

*If a guest's temperature is over 100.4 and/or the guest has had contact with a COVID-19 positive individual or animal, they will be asked to can reschedule their Clinic/Adventure. There will be no penalty or rescheduling fee.

In additional, MTBCornering guides will carry as standard:

- Four (4) sets of PPE per day to include: mask, gloves, eye protection, apron and plastic disposal bag
- Water in a container with a large removable cap

All electronic communications should be emailed to mtbcornering@ericgasser.com or snet via text to (213) 448-3389).