



**TripleShot Communicable Disease Prevention Plan  
Updated November 2021**

Based on Cycling BC's requirement for all sporting groups to comply with their Step 3 – Return to Sport Restart plan, TripleShot will use the following guidelines to direct our programming

1. TripleShot rides will continue to be organized through Spond in order to accommodate contact tracing if necessary.
2. Physical distancing is not required on rides.
3. Masks are not required on rides. Masks are required in coffee shops and any other indoor public space you enter (washrooms etc.).
4. We recommend continued carrying and use of hand sanitizer, especially before coffee and if you have touched another member's equipment.
5. Members are still required to be self-sufficient on rides. Carry your own tubes and repair equipment, and avoid touching other people's equipment.
6. Please respect the continued rules at coffee shops: sit at a table, do not move tables, and wear a mask if you walk around with your coffee and mix groups.
5. If you feel unwell, please stay home or ride alone. Do not join a TripleShot ride.
6. If you develop symptoms consistent with COVID-19, get tested. If your results are positive, report them to the TripleShot president (Chelsea Henderson) by emailing [tripleshotcyclingclub@gmail.com](mailto:tripleshotcyclingclub@gmail.com), and cease attending TripleShot rides until you have recovered.