

SocialDistancing

Helpful social distancing tips to make your outdoor activities safer

Here are some helpful suggestions to incorporate into your solo outdoor routine to stay healthy through the COVID-19 health crises.



- ❖ First, and foremost, if you are sick, **STAY HOME**. Even if you are only experiencing a cold or flu-like symptom – stay home and call your doctor.
- ❖ Plan your ride and avoid traveling through crowded places or on busy cycling lanes. Remember keeping a distance between you and others is critical.
- ❖ Is your bike in good mechanical order? You don't want a breakdown and have others get too close to you. If in doubt, have your favorite bike shop check out.



- ❖ When approaching a slow cyclist or someone ahead walking, verbally let them know you are passing on the left and allow at least three feet or more as you pass by them.
- ❖ Bring hand sanitizer or wipes along to clean your hands or fingers if wearing cycling gloves. After touching a signal light crossing button or any other surfaces, sanitize your hands. If there are no sanitizer products on the shelf at the stores you frequent make your own.

- ❖ Also, wipe off your water bottle before using it. If you hang the bottle(s) on the frame of your bike, cover the cap with a piece of plastic held with a rubber-band, or use a sanitary wipe and clean the cap and nipple surface before taking a sip.
- ❖ When arriving at work or returning home, wipe down your bike and then wash your hands. The same goes for your cycling gloves, clean them.
- ❖ If you feel safer riding with others, limit the number of riders in your group to 10 or less - the fewer the better. For added bike safety, along with the social distance recommendation, stay three bike lengths, or 15 to 20-feet apart while riding.

