



Ashland Devo Covid-19 Management Plan

1. The Executive Director will email the parents of riders prior to the start of our season the Covid- 19 policy.
2. Covid- 19 policy:
 - Students are not to attend bike practice if they are experiencing any of the following symptoms: fever, cough, shortness of breath, sore throat, fatigue, muscle body aches, loss of taste or smell, nausea, diarrhea or headaches.
 - If a rider is exposed to Covid- 19 outside of Devo, they are not to attend bike practice for 2 weeks and have a physician's permission to return to practice.
 - If a rider is exposed to Covid-19 at practice, Devo will notify all families in the group as well as public health officials.
3. Social Distancing:
 - Riders are kept 6 feet apart whenever possible.
 - Riders are not allowed to share water bottles, snacks or equipment unless emergent.
 - Riders are not allowed to ride other riders' bikes.
 - No high fives, fist bumps, hugs, or other physical greetings are allowed.
 - Whenever it is necessary for riders and coaches to be within 6 ft of each other, a clean, non-medical face covering should be worn. Face coverings need not be worn when at a distance greater than 6ft from others, such as when riding.
 - It is ***required*** that all coaches and riders ages 6 and older bring a clean face-covering to practice and USE the face-covering at all times when in close contact with others.
 - Face coverings are not required but encouraged, for riders aged 5 or younger, as per Oregon Health Authority childcare guidelines.

- Riding gloves are also required. Both gloves and face-coverings should be cleaned thoroughly with soap and hot water before AND after each practice.
 - Whenever closer contact is required between riders and coaches, coaches will be supplied with hand sanitizer and disinfecting wipes to sanitize high-touch zones.
 - Coaches will minimize contact with students' bikes. If there is an emergency or other situation requiring physical contact, face coverings will be worn and parents will be made aware of the contact. In situations where static holds are required for teaching, coaches will wear gloves as well.
4. First Aid:
- If needed, first aid will be administered following the [current Covid-19 guidelines](#) of the Red Cross. For minor cuts and scrapes, if the rider is old enough to do so, the rider may be asked to self-administer band-aids or antiseptic under the guidance of a coach. During care coaches are to wear face masks and use hand sanitizer as well as gloves to clean wounds.
5. Conservative Decision Making:
- Coaches will prioritize conservative decision making. Coaches will work to maximize rider safety to avoid injury. Riders and coaches will NOT take any unnecessary risks and will ride well within their ability level. This includes avoiding sessioning drops and jumps that push a rider's comfort level, riding slower and shorter distances, taking more breaks, and eating more snacks.
6. Pick up and Drop off:
- Parents and guardians picking up and dropping off riders will be asked to wear masks and keep at least 6 feet distancing from others. If your rider is old enough to unload their bike and riding gear on their own, please consider staying in your car other than to ensure the safety of your child. Avoid the temptation to get out and greet others. Maintain at least 6 feet of distance when checking in and out riders with head coach.
 - **Being on time is essential. Coaches will not wait around at the trailhead if you are late - time spent at the trailhead presents the highest risk of contact with others. For the same reason, do not be late for pickup!**

7. **We will continue to follow statewide guidelines for our bike practices and reserve the right to cancel these practices at any time should conditions no longer allow for a safe rider experience.**
 - Contact tracing: If any rider or coach tests positive for COVID-19, the individual program will be immediately postponed and potentially cancelled until an appropriate response is formulated. The contact information of all coaches and participants in relevant groups may be provided to Jackson County Health & Human Services for the purpose of contact tracing.