



## Capitol Ride 2021 COVID-19 Safety Protocol Guidelines

In order to maximize the opportunity for a safe and healthy environment for all Capitol Ride participants, this document will serve as a guideline focused on the premise of a COVID-19 safety bubble between event period of February 6 – 9, 2021. The safety bubble is an environment where all cyclists and volunteers adhere to the same safety requirements which include, but is not limited to, avoiding contact with anyone outside the Capitol Ride group. Where necessary, only designated volunteers will run errands as required outside of that bubble.

### Face Covering

Based on [CDC recommendations](#), approved masks (i.e. cloth, preferably with insert for filter or surgical masks) must be worn by cyclists, volunteers and event participants when the following conditions exist:

- At all SAG and lunch stops, unless you are eating or drinking
- At ride start, until rollout begins
- During any indoor or outdoor group gathering where social distancing is not possible

Please follow CDC recommended placement of masks to ensure proper fit and covering of nose and mouth area. Face shields are acceptable as long as it is accompanied by an approved mask.

### Sanitation

Use of hand sanitizers and gloves will be made available by COW to all event participants when hand washing facilities are not immediately available. Social distancing of 6 feet should always be maintained indoors and outdoors whenever possible. Volunteers and those handling foods will wear gloves which will be properly removed and disposed of after use.

### Meals

Arrangements for lunch and dinner meals will be made as boxed or bag meals to limit touch points.

### SAG Support

- We will provide basic SAG support as we have in previous years
- Nutrition will be provided in bags to reduce touch points
- Individually packed lunches as ordered by each rider will be provided
- OPTIONAL – If you choose to bring your own nutrition, we recommend bringing up to three different bags with your own nutrition in order to place them in up to three different SAG vehicles each ride day.
- Individual water bottles will be provided to all riders and volunteers
- Riders must wear masks when stopped at SAG Stop (See Face Covering section above)
- Riders must remove bike gloves, and wash hands or use hand sanitizers
- Volunteers will be required to wash hands and [wear gloves](#) and masks while handling food and support items



## Health Check

Temperature checks will be done before event start on day 1. Anyone displaying any of the common [symptoms of COVID-19](#) will be required to make their own arrangements to get tested as soon as possible at one of the sites listed below. Participants with a positive test will need to make arrangements to return home to avoid spread of the virus.

## Rapid Testing Sites

- Ocala
  - Med1Urgent Care
  - 6160 SW State Rd 200 #119 Ocala, FL 34476
  - PHONE: 352-694-6331
  - Hours:
    - 8 AM - 7 PM Monday to Saturday and 9AM - 5PM Sunday, No Appointment Necessary! May change due to Corona Virus.
- Lake City
  - CVS Covid-19 Testing Site
  - 2233 US Highway 90 West, Lake City, FL 32055
  - Phone: 386-752-8090
  - Hours:
    - Monday – Friday 9 a.m. – 8 p.m., Saturday and Sunday 10 a.m. – 6 p.m.
- Tallahassee
  - FAMU Bragg Memorial Tallahassee
  - 1500 Wahnish Way, Tallahassee, FL 32310
  - Hours: Monday – Saturday 8 a.m. - 5 p.m.

## Volunteers

- All volunteers and non-rider participants must be signed up through the COW website and will abide by the same COW COVID-19 Safety Bubble Guidelines
- Volunteers must join the group from Day 1 of the ride