

Trans Montana Covid Guidelines

Although there has been significant progress in the knowledge and treatment of COVID-19 we are taking the necessary steps to ensure the safety of you, your fellow riders and all the support personnel we encounter during our ride. **Personal responsibility is a core action required to make the rides as safe as possible.** Riders are expected to adhere to all guidelines set in place.

Although there are no safety measures that can guarantee against the spread of COVID-19, we are implementing the following Health and Safety Measures in an attempt to make the ride as safe as possible:

- We ask you to stay home if you are symptomatic and we will refund your registration fee.
- You are encouraged to stay current on your immunizations, specifically flu and COVID-19.
- Riders that have underlying health issues or are just generally concerned about their health are encouraged to wear face coverings (Masks, Balaclava or Neck Gaiter style) during the daily safety briefings and during all TMR meetings or gatherings.
- While riders naturally social distance on the mountain, riders still need to be mindful when using shared spaces. All riders are encouraged to maintain a distance of at least six feet whenever possible throughout the ride including during safety briefings, lunch or other breaks.
- Please contact us with any other concerns as this is not an exhaustive list of measures we are taking for your health and safety during the TMR.

Please be respectful of your fellow riders. If you exhibit any of the following symptoms please take it upon yourself to decide if it's safe for you to ride today. Consider that it may be best for the health and safety of all riders for you to take a day off from riding and reevaluate your symptoms tomorrow.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Muscle or body aches (ok, within reason. If you do not have some you are not riding hard enough.)

Our goal is to raise funds for the NAMI charity and to have a good time doing so. It is important that we stay safe on the ride but it is also important that we do not bring the Covid-19 virus back to our loved ones at home. So, let's have fun and ride safe.

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