



Trans Montana COVID-19 Guidelines

These are unprecedented times and like many other responsible organizations 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.

While participating in the TMR, it's important to play it safe. Now, more than ever, do not take any unnecessary risks. Breaking a leg in the backcountry would be awful at the best of times, but can you imagine the significance of such an injury now when the medical system is being pushed to its limits? It's a sobering thought, but an important one to think about before attempting any high-risk maneuvers. Also, it would be adding unnecessary risk to rescue personnel to attend to an injury and/or rescue.

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:

- All riders are required to sign a consent form that they are free of symptoms. We ask you to stay home if you are symptomatic and we will refund your registration fee.
- All riders are required 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 should try 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 | > Sore throat |
| > Cough | > Congestion or runny nose |
| > Shortness of breath or difficulty breathing | > Nausea or vomiting |
| > Fatigue | > Diarrhea |
| > Headache | > Muscle or body aches (ok, within reason. If you do not have some you are not riding hard enough.) |
| > Loss of taste or smell | |

Our goal is to raise funds for the NAM! 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 virus back to our loved ones at home. So, let's have fun and ride safe.

By signing this form, I attest that to the best of my knowledge, I am Covid-free and that if I believe I may have the virus, I will withdraw from the event. I will wear a mask when in group settings and practice sensible social distancing to protect myself and fellow riders.

Rider Signature: _____ Printed Name: _____

Date: _____