

Riding with COGS Protocols

April 12, 2022

SIGNING UP for a COGS RIDE

- COGS' rides are now open to members and non-members.
- After one "free" ride with the club, club insurance requires non-members to join the club.
- Total number of participants allowed on a ride will be determined by the ride leader. It is typically limited to 15, but depending upon ride location and route, may be adjusted by the ride leader.
- All persons, both members and non-members, must register on-line at COGS' web site for the ride.
- To complete the sign-up process, registrants must read and acknowledge they have read:
 - Riding with COGS Protocols (this document)
 - COGS Pre-Ride Safety Brief 2020
 - COGS Ride sign-in sheet release form
 - And have their emergency contact info on file.
- All participants must wear an ANSI or CPSC certified helmet while riding.
- Participant's bikes must be in good working order. Riders are expected to be self-sufficient, carry their own spares, and be able to fix a flat.
- All participants must carry a mask and practice social distancing as required by current State guidelines. Masks are required when using public transportation; buses, light rail, and ferries.
- Participants must also follow masking and social distancing guidelines as required by local establishments.
- Individuals must be symptom free of any flu like or COVID symptoms.
- Individuals who after sign up come down with any flu or COVID related symptoms are not to participate in the ride.
- If for any reason you are not able to participate, please go on-line and cancel your registration. From the home screen click on the title of the ride, click on "Already Registered" under the "Register" button, on the next screen click "Cancel Reservation".

At the Ride Start Point

- At the start location, ride leader will take roll call.
- Participants must be present for ride-safety and ride-description briefs given 10 to 15 min before departure time of ride.

RIDING

- To minimize passing, faster riders and faster groups will be encouraged to lead out first.
- Farmer blows: If you need to blow your nose, either stop safely to the side of the road or fall back to the back of the group. There should be no one behind or anywhere near you when you blow your nose.
- Participants are expected to handle their bikes in a safe and courteous manner. Please read and follow "COGS Pre-Ride Safety Brief".