



AMC Guidelines for Club Activities

June 01, 2020

All participants must:

1. Self-monitor for signs and symptoms of COVID-19 and be clear of these for the previous 14 days
2. Wear face coverings over nose and mouth - you must have a face covering (mask/buff) and wear it when we are stopped (i.e. coach briefings).
3. Practice social distancing and maintain 6 feet from other members.
4. Understand that there may be others on the track/roads/trails that are not affiliated with AMC and maintain distance from them as well.
5. Expect some element of risk when participating in group activities with members outside of your household.
6. Be considerate and respectful of one another.

Guidelines for club sponsored group practices/clinic:

1. Group practices/clinics will be limited to 10 people or fewer. For group rides and runs, if over 10 people, will separate into smaller groups with different start times (i.e. group A starts is faster and starts 5 minutes before group B).
2. Track practices will be capped at 9 participants + the coach. Masks or buffs are required when stopped. We strongly recommend that you RSVP via the website.
3. AMC will not require that masks/buffs are worn around the nose and mouth while riding/running. However we ask that you pull it up over your mouth and nose while passing someone (i.e. plan on keeping your buff/mask worn around your neck to easily pull up).
4. Be self supporting - carry tires, tubes, water, try not to stop at stores.
5. Recommend carrying hand sanitizer or wipes.
6. Be up front about personal preferences.