

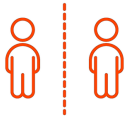


STAY HAPPY. STAY HEALTHY. STAY STRONG.

Mountain Bike Team expectations in the time of COVID-19

Norte is committed to the safety and well-being of our teammates, staff, and their families. We're able to deliver the Mountain Bike program confidently because of staff and families following precautionary measures and monitoring protocols, and generally looking out to protect each other.

Some of the precautionary steps we're taking include:



Social Distancing – Riders will maintain a six-foot distance from others when gathered before, during and after practice. When riding, they'll maintain 12' to 18' distance – no tailing on the trail!



Masks – Face coverings are not required when riding. However, they remain necessary on arrival, during breaks, and during instruction time. Norte has performance masks available in our online-store.



Monitoring – We require all coaches and teammates to complete an online health screen before practice begins every day. Riders who are ill or have come in contact with someone COVID-19 positive may not participate until cleared. We ask that families help us keep everyone safe. The health screen is mandatory. Failure to complete the health screen may result in dismissal from the program.



Healthy Habits – In line with USA Cycling and Michigan Scholastic Cycling Association guidelines, we ask riders to follow strict hygiene measures. No sharing. No spitting. No gross “snot-rockets.” If a rider needs to sneeze or cough, covering up with a handkerchief or releasing it into the arm is the rule. Also, we ask that all participants wash their hands with soap and water before coming to practice and that they carry their own hand sanitizer.



Family Responsibility – It is impossible to remove all risk of COVID-19. We ask mountain bike team families to help everyone stay safe and healthy. Please follow the daily requirements when bringing your child to practice.

- Complete an online health screen before each practice. Each day a text message with a link will be sent, or you may use the QR code below.
- Provide your child with at least one mask, more if possible. We also ask that cloth face coverings be worn by all visitors on arrival.

These expectations and other policies are to ensure public health, safety, and happiness for all. Norte's COVID-19 Task Force continues to evaluate the latest requirements and guidelines. We are committed to doing our part to stop the viral spread of the coronavirus.

For COVID-19 related questions, concerns, and ideas, please contact Norte's Advocacy Director, Gary Howe, at gary@elgruponorte.org.

For general program questions, please contact your child's coach or Norte's Program Director, Ben Boyce, at ben@elgruponorte.org.



Daily Health Screen