



- 1. NO group riding please.** Enjoy time on a bike with your immediate family.
- 2. Keep it to yourself.** Don't share bicycles, helmets, gloves, water bottles or snacks with anyone.
- 3. Take it down a notch.** Hospitals are under tremendous stress. Think low risk rides. Streets are fairly empty.
- 4. Go before you go.** Avoid public bathrooms.
- 5. It's "snot" cool.** It's never nice, but now blowing your nose, mouth or lungs out in the vicinity of others is dangerous to them.
- 6. Ride the couch.** If you are sick, please stay home to take care of yourself and protect others.
- 7. Pretend.** Act as if you are already sick and that people sharing the bike path/road are your loved ones.
- 8. Look out for others.** Please talk to your children and encourage over-adherence to these and other protocols.
- 9. Stay healthy and see you around our beautiful community on your two wheels!**
- 10. Send your questions to**  
**Christine: [edu@sbbike.org](mailto:edu@sbbike.org)**

**SBBike.org**

