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

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