



Guidelines for Riding during COVID-19

So far throughout the COVID-19 crisis and each phase of recovery, bicycling has been included in lists of allowable recreation in Maryland, DC, and Virginia. WABA encourages you to safely ride your bicycle for transportation, exercise, and recreation.

Here are our current guidelines for riding during COVID-19. Visit cdc.gov/coronavirus for other resources.

Note: WABA will make reasonable efforts to communicate changes under COVID-19 restrictions, but may not provide an update to registrants with every change to local government policies and recommendations.

Do not go for a bike ride if you have symptoms of COVID-19.

Ride alone or with members of your household.

The absolute best thing you can do to prevent the spread of COVID-19 is keep physical distance between you and anyone not in your household.

Maintain physical distance from others while on your ride.

Pass pedestrians and other bicyclists with at least 6 feet of space. At intersections, stop before the intersection to leave 6 feet between you and folks using the crosswalk. At narrow places, slow down enough to be 100% sure that no one is coming in the other direction.

Make a plan.

Many parks and trails are closed, as are most trail-side park services like restrooms and water fountains. Many businesses are also closed or operating in a limited way. Make sure you have all the water, and snacks, and tools you will need for your ride.

Play it safe.

Now is not the time to push your limits or take a big risk. Take it slow. Start with a shorter ride in a familiar, comfortable place.

Disinfect your hands and gear.

Wash your hands before you leave your house. Take hand sanitizer with you on your ride and disinfect your hands frequently, especially if you are in contact with common touch points like doorknobs or crosswalk signal buttons. Take care not to touch your face. When you arrive home, disinfect your handlebars, helmet buckle, and water bottle, and wash your hands.

If you wear a mask, wear it properly.

Wash your hands before putting on your face covering and again after you carefully remove it. Cover your nose and mouth, securing it under your chin. Keep it on the entire time you're in public; do not pull it up and down and do not touch it.