

Bike MS 2021

COVID-19 EVENT EXECUTION



COVID-19 had a considerable effect on event planning and execution details. In 2021:

- Rides will be one-day events at least through August 31, 2021.
- All pre-event in-person activities like training rides, kickoffs or top fundraiser gatherings will be virtual.
- Components of each event will be modified to reduce risk and provide for the highest degree of safety for our event participants, staff and volunteers. Plans will be in place for mitigating and responding to disease transmission.
- Each event will identify and follow the limitations that are set by local, county, state, medical and venue authorities with reviews 90, 60 and 35 days from event day.

OVERALL SAFETY PROTOCOL

As in-person gatherings return, the National MS Society is learning from industry experts and other nonprofits across the country. The Society is focused on following the best practices that fit the situation at the time and event location status.

Personal responsibilities will be communicated to participants, staff, volunteers, vendors and sponsors prior to the event via phone, email, social media and event website updates. These responsibilities and COVID-19 protocols will be explained in detail multiple times prior to the event, and will evolve as necessary.

Because of the nature of the pandemic and the ever-changing climate, changes may be made up to the last minute. All efforts will take place to make sure our participants, staff, volunteers, vendors, and sponsors have the most up to date information available.

Pre-Event health screening of all staff, participants, and volunteers.

Reduced touchpoints to minimize physical interactions.

Hand sanitizer will be available throughout the event including packet pickup locations, higher traffic areas, and in and around portable toilets.

Face coverings will be required for all riders, volunteers, and staff throughout the event. Riders may remove their masks when out on the road.

Event signage will promote safe social distancing practices including maintaining 6 feet of distance or more between others.

Dedicated lanes and waiting spots will be provided to aid in physical distancing in areas where cyclists congregate such as packet pick-up, start line, and restrooms.

Anyone at increased risk or exhibiting symptoms of COVID-19 will be directed to stay home.

Staff and volunteers will be provided gloves or other PPE if their role requires additional interaction (ex: plastic shields, disinfectant).



SAFETY PROTOCOL OVERVIEW - RIDE DAY

Review Process

Each ride will be reviewed through a rigorous health and safety mitigation process with multiple checks and balances to ensure the best and safest environment. Adjustments to ride components will be made based on the current conditions of disease transmission, vaccination rates, and restrictions per jurisdiction and will be evaluated 90, 60, and 35 days from the event. Any changes will be broadly communicated to cyclists, volunteers, staff, sponsors, and vendors.

From In-Person to Virtual: Many Ways to Ride

It is our intention to hold all Bike MS events on their scheduled event day, however, we recognize that members of our community may need different experiences based on their situation and comfort level. From riding together at one of our Bike MS locations to a virtual "plan your own route" option that allows cyclists to be in their own neighborhoods, in smaller groups, on the same day, Bike MS will offer in-person and on-your-own options to keep our entire community riding together towards our goal to end MS forever. These options will both include our favorite Bike MS local leaderboards, competitions, teams, and extraordinary experiences. There is an option for everyone to Bike MS.

What to Expect at Packet Pick-up:

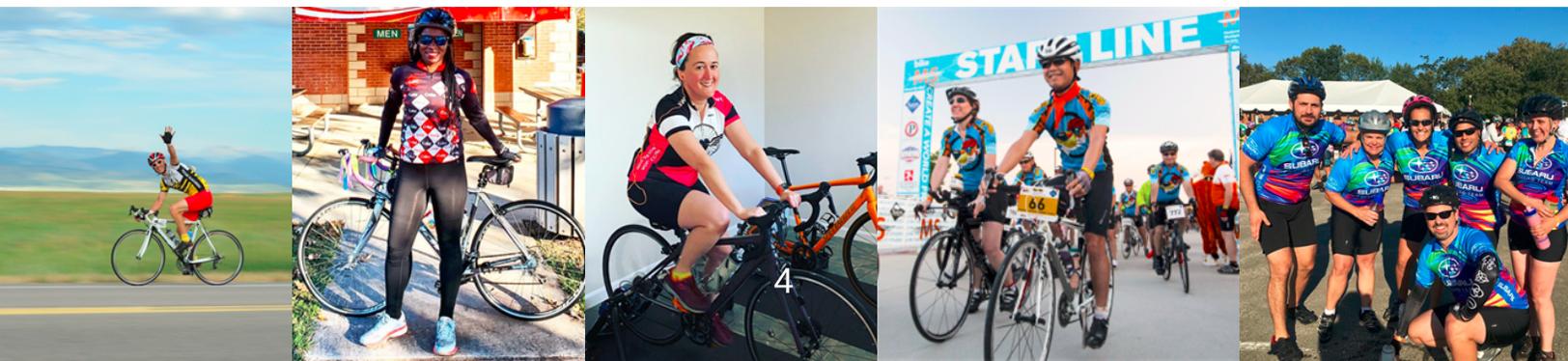
There will be no on-site registration in order to decrease staff and volunteer interactions at the event. All participants should register in advance at bikeMS.org.

Packet Pick-up will take place on Saturday morning pre-event, and on Friday evening where available.

- Packets will include all bibs, stickers, pins and any sponsor giveaways available.
- Where available, Team and Top Fundraiser drop-offs will be available in advance of event day.
- On event day, packet pick-up areas will be outdoors and have enforced social distancing, crowd control and mask requirements.
- T-shirt and jersey distribution will occur in a separate area to ensure volunteer, staff, and participant safety.
- If conditions require it, packet pick-up will transition to a drive-thru option.

What to Expect at the Start Line (Point to Point Route) or Main Site (Loop Route):

- If parking is available at your start line or main site, parking in every other spot will be encouraged through signage where practical.
- Entry points will be one-way or two-way and have significant distance of 6 feet or more.
- Bags and gear will be limited, or encouraged to be left in vehicles. There will be no formal gear check.
- Bike Compound / Racks will be self-serve with volunteer oversight to confirm the numbers on bike bib and rider bib match.
- Portable toilets will be staged apart from one another with touch free handwashing stations or hand sanitizer.
- There will be no shower trucks, massage services, or sponsor expos available on site.
- Bike Shop Partners and Bike Mechanics will be available at the start line/main site and along the route to ensure you have everything you need for the day.
- All participants will receive a designated start time window and those times will be closely monitored. Consideration will be taken for teams to start together. Waves sizes will be determined ride by ride, based on jurisdiction requirements.
- While no spectators will be allowed on the ride, friends and family are encouraged to cheer from their vehicles along the route or at the start/finish line where possible. Decorate your vehicle and grab some signs to celebrate in a socially distant way!



What to Expect on the Route and at Rest Stops:

- Routes will be limited to one to three (1-3) per event to minimize exposure for participants, staff and volunteers. Distances may vary by ride location, but no formal century routes will be available.
- Routes may have new fun challenges like photo ops, mobile cheering stations, and scavenger hunts!
- Cyclists will be encouraged to follow physical distancing throughout the ride, especially when passing others, including the public.
- SAG vehicles will be available on the route. Each SAG will include one volunteer and have a capacity limit to ensure safety.
- Cyclists must bring their own water bottles. Individual water bottles will be available for refills.
- Rest stops will have pre-packaged food/whole fruit available as self-serve for participants. Volunteers will restock, but not serve participants. Plastic sheeting or enhanced distances between volunteers and cyclists will be included based on the current disease transmission rates by location.
 - Volunteers will be on site to direct riders to park at a safe distance from the food and hydration stations and put on their masks if they have been removed.
 - All riders will be required to dispose their own recycling and trash in designated bins.
 - Rest stops will have medical staff and masks on hand in case a cyclist has lost theirs on the route. Masks must be worn at all rest stops.

What to Expect at the Finish Line:

- There will be no large gathering points throughout event day like Team Villages, VIP Tents, Beer Gardens, Dining Areas or Evening Programs.
 - Top Fundraisers and VIPs will still have a special recognition throughout our events. Each ride may look a little different, but may include special signage, team waves at the start line, VIP Parking or giveaways, and more.
 - While there won't be a traditional "Team Village", teams are still encouraged to show their spirit with their jerseys and compete in the virtual jersey competition.
 - If your ride traditionally had a Friday or Saturday evening program, there may be an extraordinary virtual version instead to enjoy from home after the ride.
 - Fundraising and mileage accomplishments will be celebrated locally all year long, including a special virtual post-event celebration!
- There will be a pre-packaged lunch at the finish line to take as cyclists and volunteers depart the event.
- Medals will not be distributed and spectators will not be permitted.
- If a point to point ride utilizes return busing or shuttling, capacity per bus will be limited and strictly enforced to ensure social distancing.

