

OREGON 2021 TOUR COVID PLAN

These tour guidelines meet [Oregon government mandates](#) and will help to minimize exposure of participants to COVID-19. In addition, all of our tour participants have been fully vaccinated. See CDC recommendations that follow.

WHAT TO KNOW / REQUIREMENTS

The State of Oregon has established a [risk level system](#).” The counties we are visiting (Jackson and Deschutes) are currently in the “high” ([orange](#)) risk levels. It [was announced yesterday](#) that all counties where 65% of those 16 and older have received at least one dose of vaccine (and some other requirements) can move to the least restrictive tier on May 21, right before our tour.

The general guidelines include:

- Outdoor recreation is allowed
- [Face coverings](#) are mandatory when indoors at businesses, at indoor spaces open to the public (except once seated at a restaurant or while eating or drinking) – also see note at the end of this document about indoor private spaces.
- Face coverings are not required outdoors for vaccinated individuals, except in crowded spaces where unvaccinated individuals may be present and at least six (6) feet of physical distance from others not in your household/party cannot be maintained.
- Restaurants are open for both indoor and outdoor dining, but the number of persons per table is limited to 6 (currently, 8 if the lower risk level is in place) and tables are spaced at least 6 feet apart. Reservations are recommended and often required.
- Most shops, open space areas/parks, and attractions are open but entry may be limited.

The applicable requirements for Outdoor Recreation in Oregon include:

- There are no capacity limits for public outdoor areas, although outdoor gatherings are limited to 8 people – if the risk level changes on May 21st then the limit goes to 12 people. Our riding groups will be split accordingly.
- Limit “congregating” in parking lots and other areas.
- Encourage people to stay home if they have COVID-19 symptoms and/or if they are at risk for severe complications
- Practice good hand hygiene with frequent handwashing for at least 20 seconds or use hand sanitizer (60-95% alcohol content); cover coughs/sneezes with elbow or tissue; avoid touching your face.
- Administer daily screening questions.¹

CDC has indicated that fully vaccinated people can:

- Recreate outside without a mask, except in crowded settings
- Visit with other fully vaccinated people indoors or outdoors without wearing masks or physical distancing

¹ Have you had a new or worsening cough? Have you had a fever? Have you had shortness of breath? Have you been in close contact with anyone with these symptoms or anyone who has been diagnosed with COVID-19 in the past 14 days?

- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing.

Note: [Oregon just adopted](#) a form of the CDC guidelines. The guidance indicates that face coverings are not required when indoor at a “private” space with other vaccinated individuals. But please be cognizant that public places and businesses, including our hotels, are not private places and face coverings and gathering limits must be adhered to. We do not want to cause any issues for our hotels and other businesses we visit.

LODGING & MEALS

No daily housekeeping will be provided at most hotels (you can request extra towels, etc.). Hotels will be limiting the number of people in the lobby at any time and staggering check in. Breakfast items will be “grab and go” and may be pre-wrapped items.

For our group dinner in Ashland, we have a catered meal at the hotel. In Bend, we plan to visit an outdoor food court. For other meals, participants should plan ahead (e.g., for lunches, coffee stops, and dinners). For dinner if you choose to dine at the restaurant (indoors or outdoors), reservations are recommended. There are many take out options at all of our locations. See the tour website for restaurant lists.

We will be providing “lunch kits” that you can use to make a lunch for the road. It should be enough to provide lunches on the road for about half of the riding days (where rides may take us into more remote areas). **PLEASE BRING A SMALL COOLER** where you can store the perishable lunch kit items, drinks and snacks (hotels do have mini coffee makers, refrigerators, and some have microwaves; all should have ice available). Also, **PLEASE BRING A BACKPACK OR STRING BAG** to carry your lunch. For happy hours we will have some beer, wine, soft drinks, and snacks. Feel free to bring other libations. Because we cannot gather in large groups, these may be “grab and go.” Alternately, both hotels are near parks (Lithia Park in Ashland and Pioneer park in Bend) and you could take your items there. You may want to bring a **BLANKET OR LAWN CHAIR**.

LOGISTICS

Each participant will need to arrange their own transportation to the start and the various locations. We also will not be transporting at luggage or bicycles. Please follow physical distancing, hygiene, and face covering guidelines while traveling to reduce your exposure. Please see the tour website for a list of participants for carpooling options

If you become ill before leaving your home, we ask that you do not come on the tour. If you fall ill during the tour (where the symptoms could be due to COVID), we ask that you do not continue on the tour and head back to Sonoma County.

ON THE ROAD

All participants need to bring their own face coverings (we recommend at least 2 washable type per person) and hygiene supplies. We will have some hand sanitizer and wipes.

We will be following applicable Covid guidelines for group rides on rides while we are in Oregon. Because we will have multiple route choices each day, splitting into smaller groups will happen naturally. There also will not be a specific ride start time. People can “group up” and decide upon routes and start times for themselves each day. People are welcome to ride solo or in very small groups.

We will have a "support" vehicle available in case of emergencies and with some basic first aid supplies and tools, but there will be no SAG on the road (your leadership team will also be riding each day). So all participants are expected to be self-sufficient on the road.

OTHER RECOMMENDATIONS

Hygiene is important. Frequently wash hands with soap and water for at least 20 seconds, or using hand sanitizer; cover coughs and sneezes with a tissue or fabric or, if not possible, into the sleeve or elbow (but not into hands); do not shared equipment, tools, etc.; and no direct physical contact among participants (except for members of a household/party). If you are ill, stay in your room and do not ride or socialize, even at a distance.