



NORTH STAR MOUNTAIN BIKE GUIDES

North Star Mountain Bike Guides COVID - 19 Statement and Waiver

In order to help reduce the spread of COVID-19, North Star Mountain Bike Guides, LLC (Tara Reddinger-Adams and Byron Adams, hereafter referred to as North Star Mountain Bike Guides) shall implement the following protocol and procedures for all group and private clinics until further notice.

1. **Illness:** Participants who are not feeling well are asked to stay at home, clients who are ill may choose: a *full refund*, to *reschedule* their clinic, or to *transfer* to another clinic where space is available.
2. **Social Distancing:** Social distancing measures will be in effect for all clinics and instruction. All participants and coaches shall maintain a *minimum of six foot social distancing* from one another during all instruction, skills practice, and on-trail application.
 - a. For group clinics with two coaches: Coaches shall ride at the front and the back of the group in order to help maintain social distancing from other trail users.
 - b. For clinics with one coach: The coach shall ride at the back of the group in order to prevent other riders from overtaking the client.
 - c. Coaches will instruct participants to safely move six-foot, or as far as reasonably possible, off the trail to allow other riders to pass. When possible trail intersections and crossings will be used for passing.
3. **Equipment Checks:** Participants will be sent a bike check video for home use in advance of all clinics. Participants are asked to follow the video and check their bike before attending the clinic. At the clinics, coaches will verbally instruct and visually guide participants through a thorough bike check while demonstrating the skills. Participants are responsible for checking their own bike. If a participant's bike needs to be adjusted for safety, coaches shall make the adjustment while wearing Nitrile gloves and a face mask.
4. **Sanitary Procedures:** Hand sanitizer or hand washing stations shall be provided, in addition to Nitrile gloves and disposable face masks for all participants. Participants will be asked to carry gloves and a mask with them during the clinic in case of emergency. Participants may not share items with other clinic participants or touch items belonging to others, aside from those living in their immediate household.
5. **Trail Use:** On-trail application of skills may be reduced if there is heavy trail use during the clinic.

ACKNOWLEDGMENT OF UNDERSTANDING: I have read the North Star Mountain Bike Guides *COVID-19 Statement and Waiver* and fully understand its terms. I understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily without any threat, duress, promise of inducement, and intent my signature to be a complete and unconditional release of all liability to the extent allowed by the law in the state of Minnesota.

The participant named below agrees to adhere to all procedures set forth above by North Star Mountain Bike Guides, LLC (Tara Reddinger-Adams and Byron Adams) in order to reduce the transfer of COVID-19.

Signature

Printed Name

Date