

# DirtBike Tech COVID-19 Plan

For nearly 25 years, DirtBike Tech has provided safe, respectful learning environments in which we deliver top-notch dirt bike courses; teaching valuable riding skills that are applicable to all types of motorcycling. Through it all, our top priority has always been the safety, health and well-being of our students and coaches. The same commitment to safety we apply to our riding practices will also guide us as we navigate COVID-19.

Aligning with the State of MN COVID Response and our commitment to put safety first, DirtBike Tech has implemented precautions to mitigate the potential transmission of COVID-19. DirtBike Tech events are unique, so please read carefully. There may be guidelines that extend beyond what you may think of as common-sense behaviors.

For all events, it is important that students, coaches, and any/all supporting attendees assess themselves for symptoms regularly and go home right away if ill or exhibiting any symptoms. The main symptoms noted by the CDC include: Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea. Please go to the CDC website for the latest information.

All students, coaches, and supporting attendees should practice careful and frequent hand hygiene, not touch their faces with unwashed hands, and cover your mouth when needing to cough.

In addition to these basics, DirtBike Tech is implementing the following procedures:

- Students, coaches, and supporting attendees may not attend a DirtBike Tech event if they have had any of the CDC listed COVID-19 symptoms or tested positive for COVID-19 within the past 10 days. Additionally, if you should test positive within 14 days of attending a DirtBike Tech event, we respectfully request you or your assigned health professional contact us. This will allow us to support contact tracing efforts and communication while maintaining patient privacy. (reference Principles of Contact Tracing on CDC.gov)
- All attendees will be required to sign a waiver of liability and COVID-19 waiver before arriving at the facility. These documents are available at <https://dirtbiketech.com/Documents.htm>
- No on-site registration. All participants must be pre-registered.
- We encourage "social distancing" when practical, including in the parking and surrounding areas. The CDC recommends a minimum of 6 feet between yourself and unvaccinated persons.
- No sharing of parking areas except if the attendees reside at the same household and/or arrived at the course site in the same vehicle. All students and coaches are encouraged to maintain at least 6 feet of distance from their neighbors' parking areas.
- Morning check-in: Students are encouraged to maintain "social distancing." We may experience delays, especially with things like check in, as we implement these additional precautions. Please arrive early. Students who arrive late may forfeit their class day.
- Participants are required to provide all personal safety gear. Loaning, borrowing or sharing gear with other participants (E.g. gloves, goggles, helmets, footwear, etc.) is NOT allowed.
- Participants are encouraged to bring their own supply of hand sanitizer. DirtBike Tech will encourage all participants to use hand sanitizer frequently. DirtBike Tech will have some sanitizer spray on site for use on equipment.

- Bring your paperwork filled out in advance to minimize exposure time (documents are emailed to all students prior to class and also available at <https://dirtbiketech.com/Documents.htm>)
- Bring your own pen to sign paperwork. Do not share your pen with others. Sanitize your hands before and immediately after any class, meeting or handling paperwork.
- Minimize personal contact with other participants, bikes, and equipment.
- DO NOT use your mouth or teeth to hold or remove your gloves, bike parts or tools, etc.
- DirtBike Tech will refine procedures for our coaches to best support social distancing. Coaches will maintain social distancing when practical, such as during class discussions and on-bike exercises. NOTE: Coaches commonly work 1:1 to help riders with body position details. While this is often observed to be required and necessary physical contact between coach and student, we will work to minimize the frequency and duration of this contact.
- All participants will need to bring their own food and beverages. DirtBike Tech advises each student to bring at least 64oz (1/2 gallon) of drinking water.
- Current cancellation policy as noted in your Confirmation Documents applies should DirtBike Tech need to cancel an event. Just as motorcycling can be dangerous, participating in any group event during the COVID-19 epidemic has risk. DirtBike Tech participants need to accept that risk. If you are not comfortable participating due to the COVID-19 situation, you may cancel your registration. Full refunds will be issued provided students cancel prior to the day of class.

There is some general concern about activities that increase the probability of needing medical response due to accident or injury. Motorcycling would be one of those activities. Some people are concerned that emergency transportation or simply queuing in an emergency room will expose them to COVID-19. This is an understandable concern.

These procedures are designed to help protect DirtBike Tech students, coaches and supporting attendees from unnecessary risk of infection. Just like the dirt bike trails, the rules and guidelines are there to protect you, but also to protect you from impacting your fellow rider. As the CDC message goes: "We're all in this together". Let's all do our part to make this season work. Thank you for your understanding and support!

We will continue to monitor the COVID-19 situation and adapt as needed. Additional information can be obtained from the Center for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov) and the World Health Organization (WHO), including steps to limit the spread of COVID-19.

#### **ADDITIONAL RESOURCES:**

- State of MN COVID-19 Response: <https://mn.gov/covid19/>
- Visit the CDC: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>