



**ADVENTURE TRAVEL**  
TRADE ASSOCIATION

# **CYCLING AMID COVID-19: RECOMMENDATIONS**

# **ADVENTURE TRAVEL COVID-19 HEALTH AND SAFETY GUIDELINES**

**JUNE 2020**

# INTRODUCTION



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Health and Safety has always been important in responsible adventure travel. The Covid-19 pandemic adds a layer of risk of a transmissible disease both in daily life and in travel experiences. These guidelines provide a path to an organized and safer reopening for the adventure industry by providing a common set of actions that can be used by a diverse range of travel businesses and suppliers across the industry supply chain.

We created the guidelines in collaboration with Cleveland Clinic, a leading provider of specialized medical care, focused on providing clinical excellence and superior patient outcomes. Cleveland Clinic is a multispecialty academic medical center that integrates clinical and hospital care with research and education. The health system offers 140 medical specialties and subspecialties that draw thousands of patients from around the world. *U.S. News & World Report* consistently names Cleveland Clinic as one of the nation's best hospitals in its annual "America's Best Hospitals" survey, and in 2020, Cleveland Clinic was ranked one of the best hospitals in the world by *Newsweek* magazine.

More information about the ATTA can be found at [adventuretravel.biz](https://adventuretravel.biz)

More information about Cleveland Clinic can be found at [clevelandclinic.org](https://clevelandclinic.org)

# WE'RE ON A TEAM

The COVID-19 pandemic has entered a new phase, travel is restarting and travelers and companies want to operate while minimizing COVID-19 contamination risk. ATTA Activity Guidelines for Adventure Travel have been developed jointly by ATTA, Cleveland Clinic and a cohort of operators.

The **Cycling amid COVID-19: Guidelines** were designed to be used together with Adventure Travel COVID-19 Health & Safety Guidelines.

While the current knowledge (June 2020) indicates that the risk of the coronavirus being passed on to others outdoors is reduced when people maintain social distancing, operating under these Guidelines should only be undertaken after thorough risk and safety assessment and compliance with existing destination government guidance.

# WE'RE ON A TEAM

These guidelines are intended to be a flexible framework for ATC's (adventure travel companies) to use in reopening. Companies should tailor their actual policies and practices based on their unique operations, applicable laws, regulations, and health standards in their locales, and consult with their own legal, safety, and financial advisors to develop a reopening guide for their situation.

These guidelines are not intended to be an exhaustive list of possible actions nor is it meant to encourage ATC's to resume operations before they are ready to do so. These guidelines are designed to be used as a supplement to ATC's current risk and crisis management plans, operating procedures and protocols, legal documents (e.g., terms and conditions and liability waiver), and customer trip materials – not as a substitute.

# NOTE & DISCLAIMER

**Note:** This is a living document which means as international and national restrictions and Public Health guidelines evolve, this document will also evolve to reflect new advice and changes to guidelines when they emerge. Guidelines have been developed in line with the most recent information coming from international and national sources related to health, tourism and outdoors activities. We welcome you feedback any time: [covid19guidelinesreview@adventure.travel](mailto:covid19guidelinesreview@adventure.travel)

**Disclaimer:** The information contained within these operational guidelines may change from time to time due to the evolving nature of the COVID-19 pandemic. It must not by itself be relied upon in determining obligations or other decisions. Users of this document must independently verify any information on which they wish to rely. It is expected that all business owners and management will have familiarized themselves with governmental, health authority, and regulatory guidance prior to re-opening and implemented all relevant requirements. Adventure Travel Trade Association does not assume, and expressly disclaims, any legal or other liability for any inaccuracy, mistake, misstatement, or any other error of whatsoever nature contained herein. The information accessible in this document has been compiled from many sources that are not controlled by Adventure Travel Trade Association. While reasonable care has been taken in the compilation and publication of the contents of this document, Adventure Travel Trade Association makes no representations or warranties, whether express or implied, as to the accuracy or suitability of the information or materials contained in this document. Adventure Travel Trade Association shall not be liable, directly, or indirectly, to the user or any other third party for any damage resulting from the use of the information contained or implied in this document. By proceeding to use this Adventure Travel Trade Association document you are accepting this disclaimer.

# CYCLING

As any activity, cycling presents opportunities and challenges for minimizing COVID-19 risk of transmission. Cycling has been considered a healthy option for exercising and is recommended as a COVID-19-friendly form of transportation by governments. It is done individually in well ventilated spaces and gear sharing is easily avoided or managed. On the other hand, airborne ‘droplet clouds’ may have extended zones and distances when riding that require attention to manage.

As of the time of this publication, guidelines for physical distancing while cycling have not been thoroughly researched, thus the recommendation of employing “layers of protection”<sup>1</sup> still stands. For cycling activities, there are two different protocols for social distancing. One protocol for the group activities while actively engaged in cycling (riding), and one protocol for preparation and other related activities (non-riding).

<sup>1</sup><https://my.clevelandclinic.org/-/scassets/files/org/employer-solutions/covid-19-workplace-safety-faqs.ashx>



## I. Group Management:

- Small groups, FIT or household groups should be favoured to promote social distancing. Strive to keep trip participant numbers as low as reasonably possible.
- Physical distancing does not need to apply to household units.
- When riding, groups should be organized to promote physical distancing. Consider riding staggered, not immediately following another rider, or not immediately next to another rider. Guests should be encouraged to keep reasonable physical distance as the tour allows.
- When to use face coverings while riding is a hard decision for cycling because of the potential to restrict breathing while exercising caused by transmissions barriers. Consider using face coverings when physical distancing is not possible or during stretches of proximity.
- When not riding, consider using face coverings when in situations of higher risk of transmission , such as transportation, close proximity instruction or assistance, or during riding breaks.
- Strive for physical and social distance at the beginning and at the end of tours, always favoring open and well ventilated spaces.



## II. Pre-Arrival, Instruction and Briefing

- Have screening actions in place. Such as, before joining the activity ask guests to self assess their physical conditions and self screen their risk profile. By informing guests that if they have symptoms, however mild, or are in a household where someone has symptoms, they are advised to stay at home.
- Set really clear standards and boundaries for COVID-19 health and safety measures and guest participation. Make relevant information about the activity available, such as, the risks involved and the measures you are taking to manage COVID-19 risks. Ensure guests understand the risks and what's expected of them to participate.
- Provide ample access to hand washing and sanitizer. Ask that guests sanitize hands when entering the company, before starting an activity and often, as needed.
- Adapt briefings to avoid the need to get close to guests and to increase guests independence on basic tasks whenever possible, such as, bike sizing, helmet fitting, and basic adjustments while on the road.
- When closer contact is required consider the use of face coverings.



### III. Transport:

- The use of vehicles to transport clients includes a higher degree of COVID-19 transmission risk. Measures to mitigate risk should be used whenever possible; open vehicle windows, provide space in between passengers and have passengers wear face coverings. Consider the use of face shields or the use of private vehicles for transportation as additional measures.



### IV. Routes and Roads:

- Minimize your exposure to other people and limited spaces by using backroads, low traffic areas, and times of low traffic.
- When stopping for roadside attractions or snacks, ensure if the stop-area size has enough spacing to promote distancing.
- When loading and unloading cycles or gear, consider how to manage surface contact risks, such as having each rider handle their own bicycle and gear.
- Maintain your company standards of distancing and sanitation when encountering other groups. Often people socialize and chat on rests or stops - remember they might not know or might not be following the same health and safety standards that you require of your group.



### V. Road Assistance:

- Adapt your procedures and group culture to be able to help guests while at the same time promoting proper distancing and safety protocols. For example, coach riders how to deal with their own mechanical problems whenever possible, or always have a clean repair kit that you can hand out to guests.
- If you need to get 'hands on', clean and sanitize your hands before touching their equipment, pay attention to ensure face coverings are in place, and avoid face proximity.
- Lower the possibility of breakdowns or falls by riding more conservatively.
- When closer contact is required consider the use of face coverings.
- In case of first aid, some distancing methods need to be adapted or cannot be used. Use Personal Protective Equipment - PPE such as face coverings and gloves.
- Consider the need for defining additional COVID-19 evacuation protocols.



## VI. Equipment:

Enhancing sanitation is a key part of mitigating COVID-19 risk. When at all possible, participants should avoid sharing equipment and should care for and carry their own personal equipment.

- Prevent surface contact where needed, for example:
  - Identify high use areas, such as, at base, office, transport
  - Clean high use areas often, and
  - Prevent contact in high use areas when possible. Identify high use areas and clean those often.
- Each rider should have their individual gear, such as, bicycle, helmet, gloves, hydration system.
  - Strive to have guests size and choose equipment with minimum handling, and care for their own equipment for the duration of the tour.
- Riders could be advised to bring their own bikes and equipment whenever possible.
- For road repairs, strive for physical distancing and consider barriers when closer contact is required. Some examples would be designating a 'mechanic' that will handle the tools and repairs, or coaching riders to fix their own equipment.
- Consider sanitizing any other gear that could be a vector for transmission.
- Use recommended methods for cleaning and sanitizing that have been determined to kill the COVID-19 virus, such as, appropriate rest time in between uses, or using soap and water or bleach solutions. Follow manufacturer's instructions and the recommendations of official health and safety agencies.
- Consider implementing safe-handling procedures for personnel who use cleaning products to clean equipment to prevent harm from chemicals or cross-contamination.



## VII. Additional resources:

- [ATTA COVID-19 Guide for the Adventure Travel Industry](#)
- Cleveland Clinic
  - [Return to work amid COVID-19: A Cleveland Clinic Guide](#)
  - [COVID-19: Creating a Safe Workplace](#)
  - [Advice on Reopening Business: Frequently Asked Questions](#)



# ADVENTURE TRAVEL TRADE ASSOCIATION (ATTA)

**The Adventure Travel Trade Association is a vital leadership voice and partner for the adventure travel industry around the world.** Our mission is to **empower the global travel community** to **protect natural and cultural capital** while **creating economic value** that benefits both trade members and destinations. The ATTA community today is a vibrant, thriving, interactive network, over 25,000 members strong and representing 100 countries worldwide. From tour operators to tourism boards, specialty agents to accommodations, all ATTA members share a genuine love for global exploration and a vested interest in the sustainable development of tourism.

[COVID-19 Guide for the Adventure Travel Industry](#)

[Strategic Opportunities For Destination Recovery & Resilience](#)

[Online Education Safety and Risk Management Course](#)

# CLEVELAND CLINIC

Cleveland Clinic is a leading provider of specialized medical care, focused on providing clinical excellence and superior patient outcomes. The integrated healthcare system includes hospitals, outpatient clinics and wellness centers across the globe with facilities in the United States, Canada and the United Arab Emirates. In 2021, its newest hospital, Cleveland Clinic London, will open.

Founded in 1921, Cleveland Clinic has grown and evolved both clinically and geographically, becoming home to:

- The world's largest heart valve program and vascular surgery program.
- The world's largest and most specialized urology practice.
- One of the top cancer centers in the US, centered on multidisciplinary patient care.
- The UAE's first and most comprehensive multi-organ transplant program.
- A leader in quality clinical care in Florida, offering easy access from Latin America and the Caribbean.

For patients traveling outside of their home country to a Cleveland Clinic location, Cleveland Clinic's Global Patient Services department provides personalized and compassionate care. This team of international caregivers serves as a point of contact to help guide patients through every aspect of travel and care.

Other select services available to global patients include:

- MyConsult Online Medical Second Opinion program, which gives patients secure, online access to Cleveland Clinic specialists for second opinions and consultations.
- Cleveland Clinic's Critical Care Transport team, an expert team of critical care providers available 24/7 to transport critically ill and injured patients of all ages via ground mobile intensive care unit, helicopter or jet aircraft.

**For more information about Cleveland Clinic, visit [clevelandclinic.org](https://clevelandclinic.org).**





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