



GANARASKA FREEWHEELERS (GFW) CYCLING CLUB

Waiver, Release and Indemnity Form Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a world-wide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result Federal, Provincial and Local governments and Federal and Provincial health agencies recommend social distancing and have, in many locations, prohibited the congregation of larger groups of people. The Ganaraska Freewheelers Cycling Club (hereinafter referred to the Club) is following the Ontario Provincial recommendations allowing up to 10 cyclists to ride as a group, provided proper distancing of 2 metres takes place. All members acknowledge that they will do their best to maintain this 2-metre spacing as well as possible but understand the difficulty of doing it throughout the ride and in no way hold other Club members responsible.

The Club has put into place during group rides preventative measures to help reduce the spread of COVID-19 however; the Club cannot guarantee that you will not become infected with COVID-19. Further, attending Club rides could increase your risk of contracting COVID-19. Club members, by signing this waiver, acknowledge that they have read the Ganaraska Freewheelers' Response to COVID-19 on the Ganaraska Freewheelers Cycling Club's website and also on the reverse side of this printed waiver and further agree that they will to the best of their ability follow these rules.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by participating in a Club ride and that such exposure or infection may result in personal injury, illness, permanent disability and death. I understand that the risk of becoming exposed to or infected by COVID-19 at a Club ride may result from the actions, omissions or negligence of myself and others including but not limited to Club Executives, Ride Leaders, Volunteers and other Riders.

I voluntarily agree to assume all of the risks and accept sole responsibility for any injury to myself, including but not limited to personal injury, disability and death. On my behalf, I hereby release, covenant not to sue, discharge and hold harmless the Club, its Executive and other members of the Club including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions or negligence of the Club, its Executive or other members in any Club ride or event.

BY SIGNING, I ACKNOWLEDGE THAT I HAVE READ THE ASSUMPTION OF THE RISK AND WAIVER RELATING TO CORONAVIRUS/COVID-19 AND UNDERSTAND IT, THAT I HAVE EXECUTED THIS AGREEMENT VOLUNTARILY AND THAT THIS AGREEMENT IS TO BE BINDING UPON MYSELF, MY HEIRS, SPOUSE, CHILDREN, PARENTS, GUARDIANS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND LEGAL OR PERSONAL REPRESENTATIVES.

MY FULL NAME: _____

SIGNATURE: _____ TODAY'S DATE: _____

INITIALS: I HAVE READ THE APPENDED RESPONSE TO COVID-19 DOCUMENT: _____



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Response to COVID 19

As our Members' Safety is very important to us, we ask that all members wanting to participate in a GFW group ride adhere to the following rules as much as possible:

- 1) Stay at home and do not ride or attend club events if you feel unwell even if symptoms seem mild - symptoms related to COVID19 can be:
 - headache / runny nose
 - fever
 - cough
 - difficulty breathing
 - chest pain or pressure
- 2) Limit rides to members of the Club. Each member must sign and submit to the ride leader or a member of the Executive the Waiver, Release and Indemnity Form Relating to Coronavirus/COVID-19 before their first participation in a Club ride.
- 3) Limit the number of riders in any group to 10. If there are more than 10 in attendance at a ride, ensure that groups are well spaced apart before starting the ride. Avoid all physical contact before, during and after rides and maintain a 2-metre distance from other riders - no handshakes or hugs.
- 4) Practice good respiratory etiquette and cough or sneeze into your elbow well away from other riders. Refrain from spitting and/or blowing your nose while riding if possible. If you must clear your nose or throat, fall well back behind all other riders to do so. Wash your hands or use an alcohol-based hand sanitizer as soon as possible after.
- 5) Avoid touching your eyes, nose and mouth.
- 6) Carry a small container of hand sanitizer in your jersey pocket or bike bag on all rides. Wash your hands with soap and water for at least 15 seconds after riding, before eating, and after using the bathroom. If there is no hand wash basin available, use an alcohol-based hand sanitizer containing 70% alcohol and use enough to allow hands to remain wet for 15 seconds.
- 7) Launder riding gloves between each ride along with jerseys, shorts, riding sleeves, skull caps, etc.
- 8) Wash, rinse and sanitize water bottles after each ride - sanitize using a mild bleach solution containing 1/2 teaspoon regular household bleach in 1 litre of water.
- 9) Spray handlebars between rides with a disinfectant spray - e.g. lysol.
- 10) Record the attendance of participants in every group ride and list the participants in the Comments section of the Club's Website as soon as possible after the ride.

Notes:

- 1) The COVID 19 situation continues to evolve, and therefore the response to it may need to change along with it from time to time. Refer to GFW website for any potential updates to this document.
- 2) We would like to acknowledge and thank the Oshawa Cycling Club and its member, Toni Moran, Public Health Inspector, Durham Regional Health Department for developing and sharing their guidelines with the GFW.