

SheShreds COVID-19 Level of Operations

While we don't know what our summer holds in terms of restrictions, we still want to shred on bikes! We have established four ways we can operate this coming season, based on procedures developed during our 2020 season. The level chosen for our operations will be determined by SheShreds coaches and leaders based on SheShreds coaches and leader availability (illness), government restrictions and public health orders. All procedures will follow the SheShreds COVID Procedures.

Unless otherwise specified, coaches, leaders and participants who are feeling unwell or have any close contacts feeling unwell are required to stay at home and masks are required at all SheShreds events.

Group Numbers:

Bike School:

- 42 participants (typically we see 85% [36] participant attendance rate at the highest, 70% [30] average. Planning numbers assume 100% attendance.)
 - Ninjas: 15 participants
 - Rock Stars: 18 participants
 - Hot Shots: 9 participants
- 7 coaches available
 - Ninjas: 2 coaches/ride for all Levels
 - Rock Stars: 2 coaches/ride for all Levels
 - Hot Shots: 1 coach/ride for all Levels

Shredders:

- 28 participants (expected 70% [20] participant attendance rate. Planning numbers assume 100% attendance.)
- 5 leaders available (3 leaders for Level 2, 2 leaders for Levels 3-4)

SheShreds Programming based on projected Restrictions:

Level 1

Based on PHO Interpretation: Outdoor gatherings permitted for groups of 10 or less, socially distant of more than 3 metres between members

Bike School: Groups of 10 (9 members and 1 coach). Clinic-style lessons in open grass fields. No trail rides. Coaches stay with the same group, and if a coach is unable to attend and a replacement is not available, then the ride for that ability group is cancelled.

Shredders: No rides.

Level 2

Based on PHO Interpretation: Outdoor gatherings permitted for groups of 10 or less

Bike School: Ability groups meet in separate outdoor locations in the city. After introducing the lesson, groups split into up to 9 members with 1 coach to go on separate trail rides. Coaches stay with the same ability group.

Shredders: Groups of 10 (9 members and 1 leader) for trail rides. Same leader for the ride, but leaders change week to week.

Level 3

Based on PHO Interpretation: Outdoor gatherings permitted for cohorts of 20 or less

Bike School: Ability groups meet in separate outdoor locations in the city. After introducing the lesson, the Ninjas and Rock Stars will split up into smaller groups of no more than 15 total (up to 14 members and 1 leader) for a trail ride. The Hot Shots group is always under 15 individuals. Coaches are able to move to different ability groups from week to week.

Shredders: Groups of up to 15 (14 members and 1 leader) for trail rides - this requires evenly split groups. Same leader for the duration of the ride, but change week to week.

Level 4

Based on PHO Interpretation: Outdoor gatherings permitted for groups of 50 or less

Bike School: All ability groups meet in the same outdoor location (up to 42 members and 5 coaches). After introducing the lesson, groups split into ability groups to go on separate trail rides. Coaches are able to move to different ability groups from week to week.

Shredders: Groups of 20 (19 members and 1 leader) for trail rides - this allows for uneven group sizes. Same leader for the ride, but change week to week.

If restrictions are more restrictive or significantly different from the above listed parameters, SheShreds coaches and leaders will attempt to determine a level of operations that meets the government restrictions and recommendations, which may include halting our operations for a period of time or for the remainder of the season. Please review our Cancellation policy which now includes shutdowns due to government restrictions. We love coaching and developing our girl gang community and we hope the COVID-19 situation improves but the health and safety of our team, our members and our cycling community is the most important and will be prioritized.

Shredders: Groups of 10 (9 members and 1 leader) for trail rides. Same leader for the ride, but leaders change week to week.

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