

Mountain Biking & Covid 19



Social distancing & how to stay healthy on the trails | [IMBA.COM](https://www.imba.com)



Before You Go

Check with state and local governments for information about your community's COVID-19 response plan, and with your nearest IMBA Local partner for the most relevant local riding and trail maintenance information. Refer to the CDC for best practices on preventing the spread of COVID-19. If you have trails close to home, particularly that you can ride to, it's great to stay local. Stay up-to-date on trail closures and facility changes.

Do Your Research

But if you must ride further from home, do your research to determine whether it is appropriate. Check with state and local governments about trail openings and closures as well as guidance for travel. It's important to respect the small gateway communities that border our favorite recreation hubs and the limited medical facilities in these places.



Have a Plan 'B' & Follow the ABC's

Take cues from the trailhead to assess whether it's too crowded to honor social distancing. If it is, try another trail or try another day. Riding roads, gravel or paths can be alternatives to crowded singletrack trails. We all know the ABC bike check: air, brakes, cranks and chain. Make sure your bike is ready to ride before you leave the house to minimize time at the trailhead. If you're driving, get dressed for riding at home. Helmet optional in the car!

At the Trailhead

Beat the rush - Ride at off-peak times to have more space on the trails. This may vary depending on where you live, but early morning is often a less busy time on the trails.
Bypass the crowds - Ride from home if you can, consider less popular trailheads, or check a map for alternate trail access.
If you're driving, consider parking a short distance from the trailhead and riding from there to avoid crowds.
Make driveway tailgates trendy - After your ride, celebrate the awesomeness back home to minimize trailhead time.



On the Trails

Ride cautiously- Ride within your skill level, this will minimize strain on healthcare facilities and avoid exposure risks for yourself and for medical staff.
Pass with care - The safest way to pass with social distance is to stay alert, slow down, and communicate with each other. One user should step six feet off-trail perpendicular to the trail to let the other user pass. Walk back to the trail the same way to minimize environmental impact. Be cautious of sensitive or dangerous vegetation, insects, animals and loose or steep terrain.

Break With Space & Cover Your Face

When taking breaks, be conscious to avoid group bunching at intersections, or spots on the trail where other users can't pass safely. Wearing a face covering while exercising isn't fun, but face coverings are added protection if a trail is crowded, or if you unexpectedly need to be in close proximity to others. You may need to aid an injured rider, assist with a mechanical issue, or encounter another user in a spot that's too tight to pass with proper social distance. Check locally—some governments now require users to wear face coverings on paths and trails.



Check with your local land manager for additional trail information.