



SheShreds COVID-19 Level of Operations

While in the midst of a global pandemic, we still want to shred on bikes! Maintaining the health and safety of our clients, coaches and leaders is of the utmost importance.

With the history of previous COVID restrictions throughout this pandemic, SheShreds has established four levels/ways we may operate this coming season, based on procedures developed during our previous COVID seasons (2020, 2021). 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 clients 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, according to the COVID Procedures.

Group Numbers:

Bike School:

- Two sessions, one from May to mid July, and the other starting mid-July to end of September. There is no overlap between groups.
- 35 participants/session (typically we see 85% [30] participant attendance rate at the highest, 70% [25] average. Planning numbers assume 100% attendance.)
 - Ninjas: 12 participants
 - Rock Stars: 16 participants
 - Hot Shots: 6 participants
- 11 coaches available
 - Ninjas: 2 coaches/ride for all Levels
 - Rock Stars: 2-3 coaches/ride for all Levels
 - Hot Shots: 1 coach/ride for all Levels

Shredders:

- 50 participants total, split into two groups where rides are held at different locations. Participants are assigned to a group.
- 25 participants at one location (expected 70% [18] participant attendance rate. Planning numbers assume 100% attendance.)
- 12 leaders available in total
- For each location there will be 3 leaders for Levels 1-2 and 2-3 leaders for Levels 3-4 (depending on the number of participants who typically attend).

SheShreds Programming based on projected Restrictions:

Level 1

Based on PHO Interpretation which outlines outdoor gatherings being permitted for groups of 10 or less, and maintaining physical distances of more than 2 metres between members

Bike School: Ability groups meet in separate outdoor locations in the city. Immediately divide into groups of 10 (9 clients and 1 coach) to conduct attendance and conduct the pre-ride announcement and lesson. These groups go on separate rides and maintain this ride cohort with the same coach for the ride. Coaches change week to week.

Shredders: Location-based groups meet in separate outdoor locations in the city. Additional meeting locations will be described to maintain the smaller group size within the location group, for example the north east side of the parking lot for one group (Cruisers) and an adjacent parking lot for the other group (Zoomers). Within the cruisers and zoomers, groups of 10 (9 clients and 1 leader) form and these groups go on separate rides. Same leaders for the ride, but leaders change week to week.

Level 2

Based on PHO Interpretation which outlines outdoor gatherings being permitted for groups of 10 or less

Bike School: Ability groups meet in separate outdoor locations in the city. After introducing the lesson, groups of 10 (9 clients and 1 coach) form and these groups go on separate rides. Same coach for the ride, but coaches change week to week.

Shredders: Location-based groups meet in separate outdoor locations in the city. After checking in and identifying as a Cruiser or Zoomer, groups of 10 (9 clients and 1 leader) form and these groups go on separate rides. Same leaders 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. 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, with vaccination declarations adhered to.

Bike School: Groups sizes are identical to Level 3. Proof of vaccination is required for all participants.

Shredders: Groups sizes are identical to Level 3. Proof of vaccination is required for all participants.

If COVID regulations 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 crew 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.