



# Practice Reminders

1. COVID Protocols:
  - a. You MUST complete the [COVID Questionnaire](#) on the day of EACH practice before 3PM
  - b. No questionnaire, No Practice, No Exceptions
  - c. If, for any reason you don't feel well, don't come to practice
  - d. Turn up to practice wearing your mask
  - e. Wear your mask on the trail when you are stopped, and you cannot socially distance by 6 feet or less.
  - f. Do not share:
    - i. Water
    - ii. Food
    - iii. Equipment
    - iv. Your bike
  - g. After practice put your mask on if you are hanging around with your mates
  - h. Parents - Please stay in your cars. If you want to talk to a coach, please wear a mask
2. Your practice location could be different than the week before, look for communication from your coach
3. Please pay extra attention to bike maintenance:
  - a. Tire pressure and tread
  - b. Brakes working
  - c. Chain - Clean and lubricated

# Reminders



# What To Bring to EVERY Practice



Bring Your Medication