Cascade Training Series COVID-19 Update (3/13/20)

In light of recent developments regarding COVID-19 (aka the coronavirus) in King and Snohomish counties, Cascade has put together the following statement pertaining to the upcoming Cascade Training Series. Please read through it carefully as it contains important information that directly affects you as a registrant.

As of this time, the start of the Cascade Training Series is outside of the restrictive period recently enacted by Governor Jay Inslee. Riding bikes, a naturally solo activity even while riding in a group setting, can be a way for us to mitigate the health crisis as long as we exercise caution. Cascade plans to move forward with the series as long as the following precautions are taken and common sense is used when on rides regarding cleanliness and personal boundaries.

- Riders with any symptoms of infection, regardless of severity, must not participate in CTS Rides.
- Older adults and individuals of any age with underlying medical conditions that are at increased risk of COVID-19 are discouraged from participating in the series.
- We are planning ahead to ensure that all CTS rides have ample hand washing opportunities throughout the route. Consider bringing your own liquid soap on a ride just in case a public restroom is out of soap.
- Riders must maintain social distancing space while on and off their bicycles (at least six feet). This includes avoiding bunching at intersections, lights, and stop signs.
- Riders should refrain from expelling bodily fluids (mucus, spit, etc.) while on a ride. If necessary, carry and use tissue or a handkerchief.

Also, in general, please refrain from shaking hands when greeting others and avoid direct contact, wash hands thoroughly and use disinfectant when/where possible.

As long as these precautions are taken, the Cascade Training Series should provide a way for individuals to get out of the house and exercise with friends and meet their personal health goals without jeopardizing public health.

For those wondering about updates on our refund policy we plan to have a COVID-19 specific policy updated by Friday, March 20th. Due to an overwhelming demand and capacity of our staff at this time, we ask that you have patience and continue to check our website for updates.

If you have any questions that are not answered here or online, please feel free to reach out to info@cascade.org