## Best Practices for Track Sports under COVID-19

When we come together for a competition, even when the participants are individuals, not teams, there is a risk for transmission of illness.

These best practices can help outline how you can safely enjoy BMX and other racing venues.

### Wait to Participate
If you are sick, please stay home.
If you have symptoms of any illness, contact your healthcare provider about being screened for COVID-19.

### Stagger Schedules
Consider options in scheduling to reduce the number of people at a location or facility at one time.

### Limit Shared Equipment
Suspend the use of shared or loaner helmets, ask riders to bring their own and encourage riders to wear gloves.

### Encourage Physical Distancing
Place markers on starting blocks, waiting decks and other areas, indicating where to stand to maintain distance of 6 feet between people at all times.

### Celebrate Differently
Refrain from handshaking and high fives, encourage fist bumps as a way to say great job, instead.

### Encourage Hand Washing
Install portable hand sanitizing stations and/or hand washing stations.

### Ensure Crowd Control
Limit any non-essential visitors, spectators, volunteers and activities involving external groups or organizations.
Discourage anyone outside Mesa County from attending.

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**Source**
Mesa County Public Health (health.mesacounty.us)
Centers for Disease Control and Prevention (cdc.gov)