

COVID COMMUTING

CYCLING

"I want to ride my bicycle"

We knew biking was a fantastic way to get fresh air, activity and complete errands ahead of the pandemic. During the pandemic, biking has emerged in Canada and around the world as an important mode of transportation as it's independent and can replace trips via transit (leaving more space for those on the bus) and it reduces air pollution (poor air quality can contribute as an indirect link to COVID, general health and recovery rates).

What are the risks?

Riding solo has few COVID-19 transmission risks, as the virus spreads through consistent exposure. You are most likely to risk transmission at the destinations before and after your ride, so be sure to only travel for essential purposes and follow health guidelines.

If you are riding in a group, you will risk transmission due to the lack of physical distancing and heavier breathing from activity. Only go for group rides with those in your household bubble.

Why consider biking?

Exercise helps keep you healthy and strong, and being outside has added benefits for mental health. During the pandemic, cities around the world are taking advantage of reduced traffic, providing more space for those walking and biking. In Manitoba, you can use GoManitoba to find biking routes and mentors near you. Questions or concerns about infrastructure in your area? Reach out to your City Councillor or municipal representative. In Manitoba, email gohappy@greenactioncentre.ca for more information.

Biking Risk Reduction

- Have a mask with you at all times
- Avoid group rides.
 - If group riding is necessary, wear a mask and change frequently if it gets wet
 - Buffs/gaiters are not masks, they do not provide adequate protection
- Wash your hands with water and soap before and after using public bike locks, when leaving and arriving. If water and soap are not immediately available, use alcohol-based sanitizer.



GO MANITOBA

Resources

www.bicycling.com/news/a31469228/cycling-during-coronavirus/
www.greenactioncentre.ca/healthy-travel/walking-cycling/
www.who.int/news-room/q-a-detail/coronavirus-disease-covid-19-climate-change
www.bbc.com/future/bespoke/made-on-earth/the-great-bicycle-boom-of-2020.html
www.washingtonpost.com/lifestyle/wellness/mask-test-duke-covid/2020/08/10/4f2bb888-db18-11ea-b205-ff838e15a9a6_story.html