

Bicycling while social distancing



SH 375 Transmountain Road, El Paso, TX

Walking, bicycling and running are great ways to get exercise, relieve stress, and have many positive benefits for your mental health. However, at a time when it is important to distance ourselves from others, there are some things to keep in mind before you head out.

Check out your bike before you head out

Check your tire pressure and brakes, inspect your chain and ensure your bike is in good shape before heading out. Use lights during low-light conditions and wear bright clothing. Be safe.

Choose your bike for essential travel needs

To the extent that you can, avoid non-essential travel. Choose your bike for essential grocery, pharmacy, or work trips. Try to bike or walk in and around your neighborhood for exercise.

Maintain at least 6 feet of distance from others

If you cannot do this, head to a different location. This distance should be even greater while in motion.

Take to the street

If you are an experienced bicyclist and feel comfortable doing so, ride on streets instead of shared use paths. There is less automobile traffic on streets now, and there is more pedestrian traffic on shared use paths.

Go out during non-peak times

Avoid popular parks and trails. Check local resources for closures and notices of when trails are busiest.

Wash hands and sanitize

Pack hand sanitizer. Wash your hands before and after you ride. Sanitize any shared bicycles you will use or have used.

Should I wear a mask while I exercise?

In April 2020, the CDC advised people to wear cloth face coverings in public places where it is difficult to maintain social distance. The coverings should have multiple layers of fabric and fit snugly, covering the nose and mouth. The coverings are meant to help prevent you from potentially spreading the virus to other people, in case you are infected and do not have symptoms. If you do not wear a mask while bicycling, be sure to maintain adequate distance while passing other people. Always check local, state, and federal health authorities' websites for the latest recommendations for your area.

Can I ride with my buddies?

You should avoid riding with others, while social distancing is being recommended by health authorities. Any time people come together, there is a chance for the disease to spread.

More resources:

www.cdc.gov/coronavirus/2019-ncov/index.html

www.dshs.state.tx.us/coronavirus/

www.railstotrails.org/COVID19/



For more information on TxDOT's Bicycle Program, visit:
www.txdot.gov/inside-txdot/modes-of-travel/bicycle.html