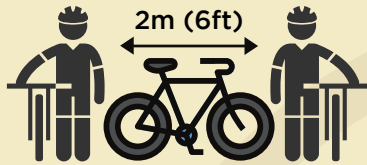




RETURN TO PLAY

GENERAL GUIDELINES

The following guidelines for a safe Return to Play are to be respected at all times by participants engaging in organized activities sanctioned by Cycling BC. These guidelines are in concert with viaSport's sector-wide Return to Sport Guidelines and have the approval of the Cycling BC Board of Directors. Additional discipline-specific guidelines can be found in Cycling BC's [Return to Play Guidelines](#) document available at www.cyclingbc.net/ReturnToPlay.



MAINTAIN PHYSICAL DISTANCING

- Respect the recommended two meters (6 ft) of physical distance between participants whenever possible
- Choose meeting places that are big enough to allow physical distancing
- Limit group size to the recommended maximum of 10 per training group



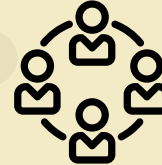
PRACTICE ENHANCED HYGIENE

- Have participants wash hands often or carry own hand sanitizer
- Don't touch face, eyes, nose, or mouth with unwashed hands
- Cover mouth with crease of elbow when sneezing or coughing
- Stop to feed or ensure expanded distance while feeding
- Regularly clean equipment



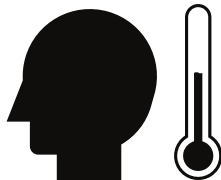
PARTICIPATE RESPONSIBLY

- Participants must complete a COVID-19 Declaration
- Clubs must have a COVID-19 Safety Plan
- Activities will require pre-registration and set schedules to allow for group size limits and contact tracing; no drop-ins
- First-aid kits should include PPE (masks, gloves, hand sanitizer, disinfectant wipes), as appropriate



MINIMIZE EXPOSURE

- Share ride information electronically with participants before meeting to limit in-person congregating
- Don't loiter before/after activities
- No handshakes, hugs, or hi-fives
- Be self-sufficient for nutrition, hydration, and mechanicals
- Do not share equipment, food, bottles, etc.



EVALUATE & ASSESS

- Evaluate your health and state of mind before heading out; only ride if you are healthy and take extra caution
- Do not participate in sport if you are exhibiting any symptoms of COVID-19, have been exposed to anyone with symptoms, or have been told to self-isolate due to travel or possible exposure
- Stay up to date with the latest Public Health guidelines and recommendations

THE INFORMATION IN THIS DOCUMENT IS CURRENT TO JUNE 4, 2020

Go to cyclingbc.net for more info.