



Return to Play - Frequently Asked Questions - Last Updated: June 22, 2020

Q: What does our club need to do to start up club activities again?

A: Cycling BC clubs must develop their own Return to Play plans in accordance with Cycling BC's Return to Play Guidelines. Clubs may also use viaSport's Covid-19 Safety Plan template as a tool in their planning. These plans must be approved by your club's board and Cycling BC. Once approved, all participants must complete a [COVID-19 declaration online through CCN](#).

Q: Do we need to wear a mask while riding in a group?

A: Wearing non-medical masks while riding in a group is a matter of personal choice. Please note sections of the guidelines where wearing a mask is recommended such as when physical distance is not possible or instances where physical assistance or first-aid is required.

Q: What happens if we discover that someone in our group has been infected with COVID-19?

A: If the affected individual had any contact with any other participants in the past 14 days. The club/coach should inform other potentially affected individuals (taking care to keep the affected athlete's identity and medical info private) and ask those who have any symptoms to self-isolate at home.

Q: I am a healthcare worker exposed to COVID-19 patients while at work, can I still participate in group cycling activities?

A: Health Care Workers exposed in the community should be managed as per the [BC Health Care Worker COVID-19 Exposure Risk Assessment Tool \(Appendix A\)](#) and health care workers whose exposure risk are deemed 'No Risk' may participate in group cycling activities while adhering to Return to Play guidelines.

Q: Is it safer to ride side-by-side with another rider?

A: The BC Motor Vehicle Act (Sec 183 (2)d) prohibits riding side by side on the roadway. Although riding side by side is legal on the shoulder of highways, one of the tenets of the Return to Play Guidelines is physical distancing - keeping at least 2meters (6 feet) of distance between participants - making riding side-to-side unsafe and impractical in most cases.



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Q: Do I have to maintain physical distancing when I am passing another rider?

A: We suggest passing only when it is safe to do so and even when passing within 2 metre of another rider momentarily, it should be okay since participants are pre-screened and time of exposure is very brief. The BC Centre for Disease Control guidelines reference that cumulative exposure of 15 minutes with non-screened individuals would be considered unsafe.

Q: When will racing be allowed?

A: Public Health officials and viaSport have recommended that we return to play slowly and focus on training instead of competition during this phase. Some timed competition may be allowed such as time trial type of events where it may be easier to respect physical distancing and group size according to the guidelines.

Q: If I see that someone has a mechanical or needs assistance, is it okay to stop and help?

A: In situations where a rider must stop to provide assistance, it is recommended that they follow the [provincial health standards for close personal interaction](#), which includes wearing a facemask where you can't keep a safe distance from others.

Q: How should we handle proceeding at stop signs and intersections while riding as a group and maintaining physical distance between riders?

A: After coming to a stop, groups may proceed at stop signs and intersections as a unit while adhering to physical distancing and group size limits, as per the guidelines.

Q: Is there a COVID-19 Safety Action Plan template my club can use?

A: Yes, viaSport has a [COVID-19 Safety Plan Template](#) that is found as an Appendix (G) in their Return to Sport Guidelines.

Q: Who will be responsible in ensuring the clubs and members are following their plans and who will enforce the Return to Play Guidelines?

A: As outlined in the guidelines, our goals for the Return to Play plan is to do our part to slow the spread of Covid-19, provide guidance to our members for a safe and phased return to cycling, and to reconnect our members to promote the physical, mental, emotional, and social well-being of our community. It is the responsibility of each club and member to ensure the guidelines are respected with the



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understanding that any outbreak of COVID-19 will mean a return to a shutdown of activities.

Q: Why are group sizes only limited to 10 when gatherings of up to 50 people are permitted?

A: While the Provincial Health Orders limit mass gatherings up to 50 people, as advised by viaSport, we are taking a slow and cautious approach in our phased return and minimizing the potential risk of transmission of COVID-19 balanced with what is allowable under physical distancing and mass gathering guidelines. We will continue to follow the guidance of viaSport and Provincial Health Authorities and adjust our plans as we progress through the phases of BC's Restart Plan.

Q: Can we host a competition event if it will only draw regional participants?

A: The BC government is still advising people to limit non-essential travel so while you may be able to host a timed competition for local participants, we urge that clubs keep activities community focused and remind participants to avoid any non-essential travel.

Q: Is COVID-19 covered under Cycling BC's insurance program?

A: Cycling BC's general liability insurance does not cover claims relating to communicable diseases or pandemics such as COVID-19. As a Cycling BC member your Cycling BC insurance includes for 24/7 sport accident insurance for any injuries sustained while riding your bike anywhere in N. America as well as General Liability Insurance during sanctioned events or activities. More recently, as of June 10, 2020, the BC Government issued a Ministerial Order to support sport organizations with protection against liability while the province is in a state of emergency. Read the [ministerial order](#).