



Return to Play

GUIDELINES FOR A SAFE RETURN TO CYCLING

The information in this document is current to **JULY 23, 2020**



2 metres, please!



MESSAGE FROM CYCLING BC LEADERSHIP

During this unprecedented time, we are all looking for ways to connect and return to recreation and competition. The Cycling BC Board of Directors is excited to publish this Return to Play plan for organized cycling in BC.

The health and safety of our members and neighbours is the foundation of our plan for a return to organized sport. As we take our cues from Dr. Bonnie Henry and our partners at viaSport, resume cycling with trusted friends, see our aspiring athletes get back to training, and see a return to some timed competitions.

At the heart of this plan is adherence to self-assessment, hand hygiene, physical distancing, group size and a solid plan to respond to any outbreak of COVID-19.

Enjoy the ride.

Erin Waugh & Willa Kriebel on behalf of
the Cycling BC Board of Directors



Erin Waugh
Executive Director



Willa Kriebel
Board Chair



OVERVIEW **BC'S RESTART PLAN**

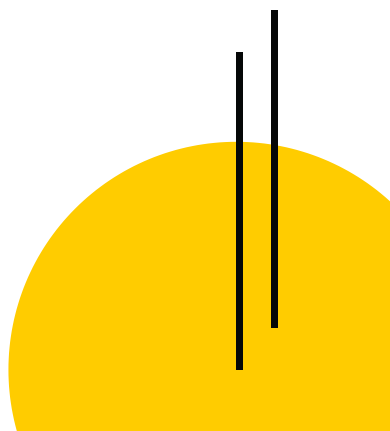
Phase 2 (mid-May onwards) of the BC Government's [Restart Plan](#) allows for a limited return to recreation and sport activities, including those sanctioned by Provincial Sport Organizations.

viaSport, Cycling BC's organizational link to government, has been clear that the primary focus in Phase 2 will be geared towards community participation and training rather than competition.

Using [viaSport's general sport sector guidelines](#) reviewed by the Provincial Health Office and Worksafe BC, the Cycling BC Return to Sport plan addresses a return to play with limited group sizes, physical distancing, minor modifications to activities as needed, reduced touch points, and a focus on skill development.

This document has been prepared by Cycling BC with input from our board, clubs, Cycling Canada, and viaSport. The purpose of this document is to provide guidance to our members for a safe return to activities with strategies for mitigating the spread of COVID-19 and helping us all get back to what we love to do, riding bikes!

During this pandemic, public health measures are constantly being re-evaluated and thus the information contained in this plan may be updated, revised, or withdrawn in light of any new information released by government health authorities.



Goals

OF OUR RETURN TO PLAY PLAN



To protect our communities and do our part in the province's collective effort to slow the spread of COVID-19.



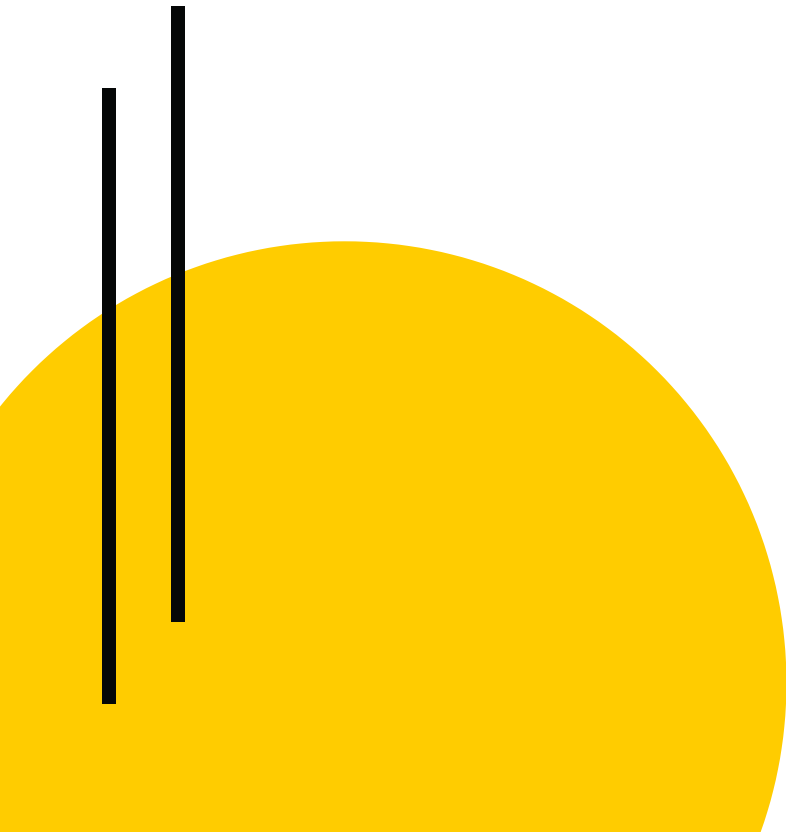
To provide guidance and strategies to Cycling BC members (clubs, coaches, organizers) for a safe return to cycling activities while adhering to BC health authority regulations and BC's Restart Plan.



To help reconnect our members and promote the physical, mental, emotional, and social well-being of our community throughout the phased return to our sport.

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Phased Return to Sport

BRIEF OVERVIEW

The BC Government's Restart Plan outlines four (4) distinct phases. Phase 1 ended in mid-May and Phase 2 of that plan began, which includes a return to recreation and sport.

PHASE 2

In Phase 2, the BC Government is asking people to stay close to home and avoid any travel between communities that is not essential.

BC CURRENTLY IN

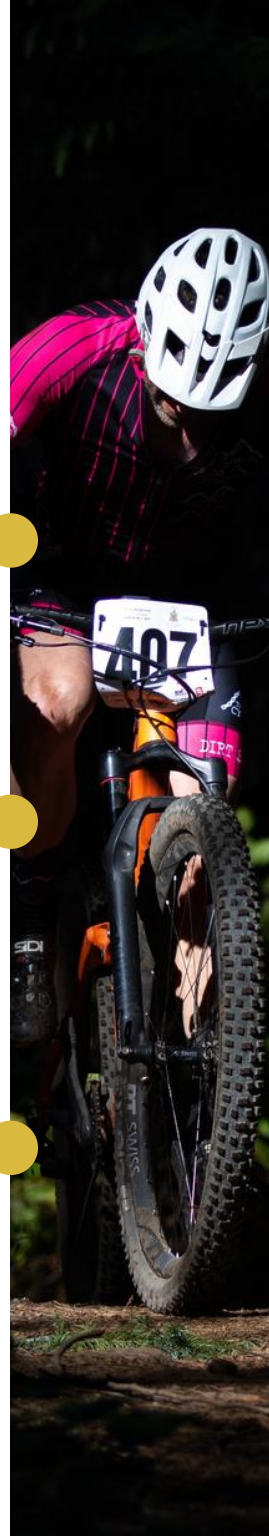


PHASE 3

If transmission rates remain low or in decline, we will enter Phase 3: people can begin travelling throughout B.C. It is anticipated that this may be possible in June and through the summer.

PHASE 4

Phase 4 (return to "normal") is conditional on at least one of the following; wide vaccination, "community immunity", broad successful treatments. Until then, large scale events and gatherings will not be permitted. We anticipate that this will include a return to regular racing (with modifications) sometime in 2021.





Risk Mitigation

Cycling BC's liability insurance does not cover claims relating to communicable diseases or pandemics and Directors and Officers insurance now includes specific pandemic exclusions. As in all areas of life right now, participation in organized activities carries with it some personal risk. All participants in organized activities sanctioned by Cycling BC will be required to complete a COVID-19 declaration. It is expected that participants will adhere to the conditions in the declaration each time they participate in Cycling BC sanctioned programming. As outlined in our general guidelines, we expect that participants will stay home if they are ill.

Cycling BC will continue to take our cues from the Provincial Health Authority and the provincial government. The ongoing implementation of the Return to Sport Plan will be monitored and updated as necessary when circumstances or provincial guidance change. B.C. health officials outline that the risk of transmission is subject to two variables that we need to modify to reduce transmission risk:

- Contact intensity – how close you are to someone and for how long
- Number of contacts – how many people are in the same setting at the same time

Modifying from high to low can be based on a range of controls. Different actions have differing levels of protection and whenever possible we should use the action that offers the most protection. The following are listed from highest level of protection to lowest.

- Physical distancing measures – to reduce density of people (number and duration of contacts)
- Engineering controls – physical barriers, increased ventilation, traffic flow
- Administrative controls – rules and guidelines
- Non-medical masks and other PPE

For more information about how to conduct an assessment and develop a plan, please see 1. COVID-19 Returning To Safe Operations 2. Public Health Orders

General Guidelines

TO BE RESPECTED AT ALL TIMES

Cycling is a multi-disciplinary sport that most participants participate freely outdoors without the need for a specialized venue.

The provincial health authority has stated that outdoor activities are lower risk as compared to indoor activities and low contact sports are also a lower risk than contact sports.

All cyclists and guardians are expected to adhere to the Provincial Health Officer's (PHO) orders and guidelines with respect to COVID-19.

For more information visit,
<http://covid-19.bccdc.ca/>.



GENERAL GUIDELINES

- Each person planning to engage in cycling in public is expected to evaluate their health and state of mind prior to departing. In this time of uncertainty, distractions can contribute to accidents. Only ride if you are healthy and take extra care; pay attention to your surroundings.
- If you have any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath), you should NOT participate in sport. If these symptoms begin during an organized cycling activity, you must leave immediately and contact local public health office for recommendations. You must also inform your club and/or personal coach.
- In addition, the following individuals should not participate in organized cycling activities:
 - Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy as per the BC Ministry of Health (www.gov.bc.ca).
 - Any person who has been told to self-isolate.
 - Any person who lives in a home with or has been in close contact with someone with symptoms of COVID-19.
 - Any person who has arrived in British Columbia from outside of Canada within the last 14 days, as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.
 - Any person who lives with someone who has arrived in British Columbia from outside of Canada within the last 14 days



GENERAL GUIDELINES continued...

- All participants must practice recommended social/physical distancing by keeping two meters (six feet) away from one another at all times.
- Do not touch your face, eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Practice enhanced hygiene, including regular cleaning of equipment.
- Be self-sufficient on the bike – leave prepared for nutrition, hydration and mechanicals.
- Do not share equipment, food, drinks, utensils, water bottles, etc.
- Do not shake hands, embrace or high-five to celebrate.
- Do not loiter before or after organized activities.



GENERAL GUIDELINES continued...

- Group size – limited to BC Health Authority recommendations and dependent on the discipline and the activity. Please refer to discipline specific guidelines.
- First-aid kits should have extra PPE (gloves, hand sanitizer, disinfectant wipes, masks), if appropriate.
- All activities will require pre-registration and clubs will be required to keep records of all participants in the event of a reported outbreak or if anyone contracts COVID-19.
- All ride information to be shared electronically with participants before meeting to limit in-person congregation time. Cycling BC is working with CCN on a solution for clubs who do not currently have the capability to organize rides using an online platform, which we hope can be deployed in the coming weeks. Please contact Erin Waugh at Cycling BC for more information.
- All participants will be required to complete a [COVID-19 Declaration](#) online through CCN. The COVID-19 Declaration, once made, will apply to participation in all future events. Cycling BC will email all members with this information and CCN will ensure that club leadership can link to the member look-up to ensure that participants have completed the form. We also recommend a verbal check-in at each event to remind each other of the importance of self-assessment.
- No drop-ins allowed at this time; participants must be Cycling BC members.



GENERAL GUIDELINES continued...

- Participants should have their own hand sanitizer.
- Ride meeting place must be big enough to allow for all participants to be 2 metres apart.
- Recommend that riders stop to feed or ensure that there is expanded distance while feeding.
- In situations where riders must stop to provide assistance, it is recommended that they follow provincial health standards for close personal interaction.
- General Guidelines for Member Clubs must have a COVID-19 Safety Plan (see template provided by viaSport) clearly identifying a lead in the case of an outbreak.
- Total size of gatherings, inclusive of all athletes, coaches, parents, club personnel, and contracted services, to be limited by the Provincial Health Officer.
- The space available at any facility will also determine the size of the group allowed at one time.



GENERAL GUIDELINES continued...

- Clubs must set training/ride schedules that will allow for the club to meet all limits imposed on group size and to avoid congregating of athletes & coaches. (i.e. stagger training start times and/or training group locations.)
- Athletes & coaches should be informed on hygiene and sanitation and its impact of preventing the spread of communicable diseases according to the Provincial Health Officer's recommendations.
- Coaches and ride leaders are tasked with ensuring everyone is adhering to social/physical distancing rules.
- If applicable, rental bikes must be cleaned and disinfected after each use.



Training Venues & Facilities

- Reference facility maximum capacity (WorkSafe BC)
- Personal Protective Equipment (PPE) must be available at any facility to be worn by coach/safety monitor in case of injury and hands-on assistance is needed.
- Clubs and/or unattached coaches should ensure that facilities have set schedules that allow for sports to meet municipal and provincial mandates for physical distancing and proper hygiene. (i.e. coordination between sports and other athletic clubs.)
- Clubs and/or unattached coaches should ensure that facilities have posted appropriate signage outside entrance to the facility briefly outlining the physical distancing guidelines in place.
- Clubs and/or unattached coaches should ensure that there is public notification of the training venue - signage posting of practice/group times when athletes will be training.
- Clubs and/or unattached coaches should ensure that there is signage posted within facilities encouraging good handwashing, physical distancing and respiratory hygiene.

Outbreak Action Plan

The Purpose of the “Outbreak Action Plan” is to aid in the contact tracing of those individuals who may have come into direct or indirect contact with an infected individual. It is the responsibility of the entire cycling community to ensure we are keeping accurate records of those individuals for whom you are coming into contact with to help keep us all safe.

- All athletes & coaches attending training sessions must be active members of their club and/or Cycling BC with current and up-to-date contact information on file with either the club or personal coach. Club members should contact their club registrars; Unattached members should login to CCN to ensure that contact information is up-to-date and accurate.
- Clubs and unattached coaches are asked to keep record of the date of each activity held, along with a listing of all athletes who attended the session. Unattached members are asked to keep record of the individuals they are training with.
- Any individual experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath) must inform their coaches or club personnel (via phone, text, or email) immediately.
- Any individual who has been told to self-isolate due to having come in contact with someone with symptoms of COVID-19 are not permitted to attend an organized activity and must inform their coach or club personnel (via phone, text, or email) immediately.
- If the affected individual had contact with any other athletes or coaches in the past 14 days, the coach or club personnel should inform other potentially affected individuals (taking care to keep the affected athlete’s identity and medical information private) and ask those who have any symptoms to self-isolate at home.
- If a club or unattached coach has a member diagnosed with COVID-19 all in-person training must be discontinued for a period of 14 days.



BC Restart Phase 2

RETURN TO PLAY – DISCIPLINE SPECIFIC GUIDELINES

A photograph of three BMX riders in action, wearing helmets and racing gear, leaning forward on their bikes. The image has a yellow tint. A large yellow circle is on the right side of the image, and two horizontal black lines are positioned below it.

BMX

RETURN TO PLAY GUIDELINES

- Group size: Maximum 10 per training group (8 athletes, 2 coaches). Number of training groups at the track limited by track size and the ability to maintain physical distancing.
- Limited to youth skills development only and with ½ capacity at start gates.
- Athletes required to ride in long sleeves and gloves.
- Required signage in spectator areas and parking lots reminding participants of physical distancing requirements.
- Use of facilities (BMX track) as per municipal guidelines.
- Recommend that a volunteer be stationed at the entrance to the facility ensuring hand hygiene and capacity limits.



CYCLOCROSS

RETURN TO PLAY GUIDELINES

- Group size: Maximum 10 per training group (8 athletes, 2 coaches).
- Limited to skills development.
- Required signage in spectator areas and parking lots reminding participants of physical distancing requirements.



MTB – DH & ENDURO

RETURN TO PLAY GUIDELINES

- Group size: Maximum 10 per training group (8 athletes, 2 coaches)
- Grassroots racing allowed so long as physical distancing guidelines are respected and total number of people (volunteers, coaches, athletes and other personnel) do not exceed provincial guidelines.
- Shuttling with trusted “bubble” only.
- Start gates to be cleaned between starts (if training with start gates)
- Use of facilities as per municipal/resort guidelines (ie. If mountains are open, shuttling only with trusted group, use odd-man-out rule to limit group size)



MTB – CROSS-COUNTRY

RETURN TO PLAY GUIDELINES

- Group size: Maximum 10 per training group (8 athletes, 2 coaches)
- Time-Trial style grassroots racing allowed so long as physical distancing guidelines are respected and total number of people (volunteers, coaches, athletes and other personnel) do not exceed provincial guidelines. Minimum one (1) minute between starts.

ROAD & GRAVEL

RETURN TO PLAY GUIDELINES



- Group size:
 - Youth programming: 10 per training group (8 athletes, 2 coaches)
 - Club rides: Maximum 10 people
- Grassroots time-trials allowed so long as physical distancing guidelines are respected and total number of people (volunteers, coaches, athletes) and other personnel do not exceed provincial guidelines.
- Physical distance to be maintained unless rider safety is in jeopardy
- If a club has more than one group, departure times should be staggered and riders encouraged to arrive as close to ride start time as possible to limit congregating. (see general guidelines)
- Required signage in spectator areas and parking lots reminding participants of physical distancing requirements.
- No end-of-ride gatherings unless it is possible to maintain physical distancing guidelines



TRACK

RETURN TO PLAY GUIDELINES

- Group size: 10 per training group (8 athletes, 2 coaches). Number of riders on the track limited based on track size and ability to maintain physical distancing at 2 metres.
- Limited to skill development and individual training
- Physical distance to be maintained unless rider safety is in jeopardy.
- Infield of track is arranged so that riders not using the track have their own space, ensuring physical distance between efforts.
- No sharing of equipment.
- Rental bikes to be used by only one athlete per session, enhanced cleaning protocol before and after use.
- Required signage in spectator areas and parking lots reminding participants of physical distancing requirements.
- Any track gates, rails, and touch points to be cleaned regularly by facility staff



Additional Resources

VIASPORT RETURN TO PLAY GUIDELINES

<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

BC'S RESTART PLAN

<https://www2.gov.bc.ca/>

BC PROVINCIAL HEALTH OFFICER ORDERS

<https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

BC CENTRE FOR DISEASE CONTROL COVID-19 RESOURCES

<http://covid-19.bccdc.ca/>



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