

Return to Competition Guidelines – Phase 3

**by
Cycling BC Events**

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List of Acronyms

CBC	Cycling BC
UCI	Union Cycliste Internationale
BCCDC	British Columbia Centre for Disease Control
PHO	Provincial Health Officer

Chapter 1.

Event Guidelines

1.1. General

All cyclists, coaches, guardians and others who attend events are expected to adhere to the Provincial Health Officer's (PHO) orders and guidelines with respect to COVID-19 at all times. For more information visit BCCDC COVID-19. <http://covid-19.bccdc.ca/>

- 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 (BC CDC) you should not participate in organized cycling activities or attend any cycling events of activities.
- If any COVID-19 symptoms begin/occur during an organized cycling activity, you must leave immediately and contact local public health office for recommendations. You must also inform the race organizer immediately.
- In addition, the following individuals should not participate in organized cycling activities:
 - Any person who receives a diagnosis of COVID-19 until they have been cleared of the illness and declared no longer infectious by medical professionals.
 - Individuals who are subject to current mandated self-isolation policy as per the BC Ministry of Health (www.gov.bc.ca).
 - Any person who lives in a home or has been in close contact with someone with symptoms of COVID-19 or who lives in a home or has been in close contact with someone who is subject to current mandated self-isolation policy.
 - 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.
- All participants must practice recommended social/physical distancing by keeping two meters (six feet) away from one another when not racing. If this is not possible, and you will be required to be in closer proximity for more

than 15 minutes, we recommend wearing a face mask and gloves. (for example, in the event of a mechanical where another rider needs help). In competition where athletes are unable to maintain physical distancing, even with the use of activity modifications, the activity is required to take place within a cohort environment.

- 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.

1.2. Registration Guidelines

- Online pre-registration must be used in order to minimize onsite interactions and license handling.
- There will be no onsite registration.
- In areas where racers are expected to form a queue, ground markings demonstrating 2m distance should be installed.

1.3. Face Masks

When should a face mask be worn?

Masks are to be worn at all times when at the race venue, except when the rider is competing.

Wearing a face mask in public areas should be accompanied by other protection measures including frequent hand washing, coughing into one's elbow the sanitization of high touch surfaces.

Why wear a face mask?

Not all people infected with COVID-19 experience symptoms. Some people can be infected without knowing. By wearing a mask, we are reducing the risk of spreading COVID-19 to others.

Who should wear a face mask?

Mandatory for commissaires, timing crew, employees of Cycling BC and members of the organizing committee who are in contact or in proximity to other people (within 2m).

Mandatory for all other persons who are not actively competing. Mandatory for athletes who are not actively racing.

1.4. Responsibilities of racers

In General:

All participants will be required to complete a COVID-19 Declaration form. We recommend that these are completed online through CCN;

Only racers, their guardians (if minors) and team staff are permitted at the race site;

All materials left behind will be discarded. A “lost and found” will not be provided.

Racers will:

- not attend an event if experiencing symptoms of COVID-19 or if positive with the virus;
- not enter the event if they have participated in unsanctioned events or group rides that do not comply with Cycling BC Return to Play guidelines within 2 weeks;
- respect physical distancing rules at all times;
- not arrive more than 60 minutes before your scheduled start time;
- read and understand the specific event rules prior to arrival;
- not engage in congratulatory physical contact (ie. high fives, handshakes or other contact);
- minimize the amount of time spent onsite following an event;

- not touch bikes, clothing or equipment belonging to another racer;
- not exchange food or clothing;
- be self-sufficient for all nutrition and mechanical needs;
- At all times, follow the directions of commissaires or risk being disqualified or unable to start;
- wear helmets (Wearing eyewear and gloves is recommended)
- park in the area designated for their cohort and leave after their event in a timely manner.

1.5. Responsibilities of organizer

1.5.1. Meetings of the organizing committee and commissaire panel

As much as possible, meetings in preparation for events should occur online using conferencing software. If this is not possible, in person meetings should be conducted respecting physical distancing rules. The use of printed documents should be minimized.

1.5.2. Record keeping

It is mandatory for all organizers to maintain precise participation records including full registration lists, staff and volunteer lists including assigned roles (if applicable), personal contact details (email & phone), team name and sorted by category and/or start time. This is to facilitate quick and efficient contact tracking in the event of an outbreak or someone contracting COVID-19.

1.5.3. Minimize the number of people on the event site

The race site, including the start and finish area of the course should not exceed the gathering size permissible under current Provincial Health Officer (PHO) recommendations. For current gathering sizes please see [\(link to PHO\)](#). This restriction is expected to remain in force until the end of the state of emergency. These restrictions apply to events which could result in people gathering closely together, but where the space is large enough to allow appropriate distancing between people, grocery store and

recreational facility guidelines state it is acceptable to have more than 50 people in attendance. This includes volunteers, staff, athletes and their guardians.

As such, Organizers will:

- ensure that only racers, team staff, guardians of minors (one parent per child), and organization personnel are authorized to be at the race site;
- Limit the number of categories or stagger race times to reduce traffic;
- Reconfigure the race schedule to maximize participation while reducing the number of people required to be present at the race site at one time;
- When possible, assign volunteer parking lot attendants help alleviate congestion and to facilitate physical distancing.

1.5.4. Event logistics

Organizers are required to:

- send out a clear plan regarding designated parking areas and communicate this with riders along with day-of event protocols
- wear PPE (gloves and face masks) during set up and take down of equipment as required;
- display race site promotion of hygiene and disinfection recommendations (i.e. sneezing in your elbow, regular hand washing, disposing of PPE and personal waste, etc).
- provide disposable face masks and gloves as well as hand sanitizer for event staff and volunteers.
- Provide a megaphone or microphone to commissaires to allow for communication with racers at a safe distance.
- Ensure that all first aid staff must wear a face mask while interacting with other people or responding to incidents that require medical attention.
- Ensure that first-aid kits should have extra PPE (gloves, face masks, disinfecting wipes, hand sanitizer).

1.5.5. Event services

- No sales of food or drink are permitted with exception for those by establishments certified for vending to the public (i.e. food truck, resort restaurants).
- Cleaning and disinfecting of public washrooms or portable toilettes should be completed at regular intervals. Confirm cleaning intervals and protocol with the facility owner or toilet vendor in advance.
- Personal hygiene products and facilities should be made available in higher traffic areas, as suitable. This includes running water, soap, hand sanitizer, sanitizing wipes and contact-free garbage bins.

1.5.6. Race secretary area

- For registration area protocols, please see “registration” section.
- Race bibs/plates should be distributed at the race site in accordance with physical distancing measures:
- A predetermined event schedule should be communicated to the public using electronic means or using on-site signage to avoid excessive gathering (i.e. staggered plate pickup times by categories)
- administration tables should be set up to ensure 2 meters of physical distancing (i.e. – two deep or equipped with plexiglass separators between staff and racers as appropriate)
- PPE (gloves and masks) are mandatory for event administration staff and commissaires.
- The race secretary should be situated in outdoor area or a well-ventilated indoor area.
- In the case of race materials being distributed to participants (swag, pins, zip ties, etc.), prepare bags in advance and handle with gloves and face masks.

1.5.7. Timing area

- The timing area should be set up with physical separation between timing staff and commissaires. If those working in the timing area are unable to maintain physical distancing, a face mask should be worn. No public access to the

timing area and finish line judge's area will be tolerated with exception for technical staff and commissaires.

- Avoid use of communal pencils and pens. If they must be shared, they must be disinfected between use.
- PPE should be worn for handling of paper documents
- Race results should be made available electronically in a timely fashion (i.e. live timing software, posted to event website or shared on social media). In cases where this is not possible, physical distancing must be respected when reviewing results.

1.5.8. Announcer / Master of ceremonies area

- In cases where an announcer is present, they should be allocated an area of at least 4 metres square. They should limit their movement outside of this area as much as possible.
- Announcer should promote the hygiene and physical distance guidelines.

1.5.9. Podium Ceremonies

- Podium ceremonies can take place as long as physical distancing is maintained and gatherings are avoided.
- Podiums should be separated by 2 metres.
- Prizes and medals are to be handed out by a member of the organizing committee wearing a face mask and gloves.
- Podium ceremonies should occur immediately after racing has been completed by the unique category. Consolidating all podium ceremonies until the end of the event is prohibited.
- Each podium ceremony can be attended by the official event photographer, accredited press, event staff, the top placing 3(5) athletes and their chaperones (parent, guardian or coach) in an area where physical distancing can be maintained.*

*Recommendation: Take a picture of all individual podiums and post online in a timely manner.

1.6. Responsibilities of the commissaire

1.6.1. General

The organizing committee in cooperation with the Chief Commissaire and the technical delegate from Cycling BC will be responsible and have the right to expel and ban from the event site anyone who refuses to follow physical distancing guidelines.

Commissaires will:

- supervise the sporting component of the event to ensure that these guidelines are respected throughout the event. If necessary, a volunteer should be provided to assist the panel of commissaires.
- wear a face mask when communicating with participants or interacting with another individual.
- ensure that a means for communication (microphone or megaphone) is provided, if necessary.

1.6.2. Team Manager / Riders meetings

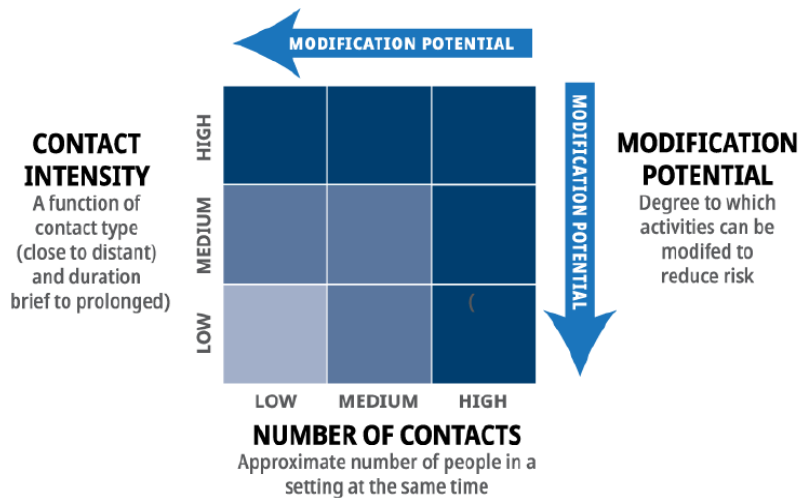
- In general, the distribution of information in advance by electronic means is recommended. In cases where this is not possible, facilitate meetings in a manner that conforms to physical distancing guidelines and avoid sharing printed materials.
- Meetings held online via Facebook live or Zoom are preferred.

Chapter 2. Phase 3 Event Guidelines

2.1. Risk Mitigation

For Phase 3, discipline and event types have been divided into two categories; those that can maintain physical distancing, and those with frequent or sustained contact. These categories are based on the number and intensity of contact within the discipline. Close proximity should still be minimized as much as possible. Disciplines that can easily modify competition methods in order to maintain physical distancing should continue to do so. However, in order to introduce sport activities that may involve instances of contact, such as bunch racing on the road and track, a participant cohort model should be employed to limit the number of people that each individual will come into contact with.

Figure 2.1. Risk Assessment Matrix



Note: From "ViaSport Return to Sport Guidelines for B.C."

2.2. Phase 3 – Cohorts

In situations where a cycling discipline is unable to maintain physical distancing, even with the use of activity modifications, viaSport requires the activity to take place within a cohort environment. A cohort is a group of athletes, coaches and event

supporters (i.e. commissaires, organizers and volunteers) who remain together through that discipline's season or year and who primarily interact with each other.

Club activities, grassroots events and local races have a relatively consistent set of participants therefore by adhering to a cohort system we can further reduce the interactions between different groups of the population. This will help facilitate contact tracing and reduces the possibility of a large community outbreak.

For example, a cohort could be made up of:

- A single ability group for any given discipline
- The entire field of participants for a small regional series
- An age-based cohort (i.e. junior racers) that participate together across disciplines

Cycling BC already employs a system for categorizing athletes into age and ability groups. The provincial categories as displayed on members' race licenses will be used as the basis for sorting members into cohorts. In smaller population centers or in disciplines with smaller participation, categories may be combined in order to create cohorts as close as possible to the maximum allowed size.

Athletes are required to compete in the cohort that corresponds with their provincial category for any given discipline. Athletes must register to compete in the category listed on their license. It is the athlete's responsibility to know their category and to stay within their category cohort. Athletes are to familiarize themselves with the organizer's cohort protocols for their category.

If an athlete does not select a category in a given discipline, they will not be assigned to a cohort for that discipline.

2.2.1. Cohort Guidelines

- All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.
- Cohorts/categories should be used for activities in which it is not possible to maintain two metres physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized physical contact is still advised.

- It is the responsibility of the organizer to ensure that registered athletes are competing in their assigned category and cohort. Organizers are responsible to bring any discrepancies to the attention of the Cycling BC representative/commissaire. At least two metres distancing should be maintained between all participants when outside of the field of play (e.g. dressing rooms, hallways, team benches, staging areas, etc.). If physical distancing cannot be maintained masks should be worn.
- Cohort sizes are different from maximum group sizes. When members of the cohort are gathering for games or activities, gatherings may not exceed 50 people (see PHO Order).
- Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
- Riders should stay together in designated cohorts and make avoid mixing with each other as much as possible.
- Cohorts should remain together for an extended period of time. If looking to change cohorts, implement a two-week break between activities
- Individuals should limit the number of sport cohorts to which they belong in order to reduce the number of people they are interacting with.
- For fall 2020, Cycling BC members are restricted to participating in sanctioned events for only one discipline. This will be continually reassessed. If looking to participate in another discipline, a two-week break between activities is required.

Table 2.1. Category sizes for events

Category size	Disciplines	Safety protocols, contact intensity and additional considerations.
No category size restrictions	Individual time-trials on and off-road, including downhill	Individual sports with low contact intensity through physical distancing measures, engineering controls and reduced group sizes.
50-person categories	BMX and Enduro	Group racing events with moderate contact intensity.
25-person categories	Mass start road, track, mountain bike and cyclocross races; mass participation events	Bunch racing events with frequent or sustained contact.

Chapter 3. Competition guidelines: Road and criterium races

Mass start road race(s): **25 person maximum per category/cohort**

3.1. Eligibility

- Road race events are open to Cycling BC members only. Inter-provincial travel for the purpose of competition should not occur at this time.
- Athletes with licences issued by another federation but are currently residing in British Columbia shall contact Cycling BC in order to receive written permission to participate.
- Provincial Race or UCI Race licenses are required.
- Racers must be competing in the category or cohort that is indicated on their race license.
- Racers should not enter the event if they have participated in unsanctioned events or group rides that do not comply with Cycling BC Return to Play guidelines within 2 weeks;

3.2. Staging / parking

- Respect physical distancing rules at all times;
- Wear a mask if unable to maintain physical distance;
- Do not arrive more than 60 minutes before your scheduled start time, or at the time frame designated by the event organizer;
- Read and understand the event-specific staging instructions prior to arrival;
- Only racers and their guardians (if minors) are permitted at the race site;

3.3. Start area

- Masks should be worn until racers arrive to the start area
- The start area should be outdoors.

3.4. Specific requirements for paracycling athletes

Any persons responsible for the support of an athlete and coming in physical contact with their equipment are required to wear gloves and a face mask.

3.5. Vehicles on course

- Moto: no passenger unless wearing a full-face helmet and clothing covering their body from head to toe.
- Passenger vehicle: no passenger unless required for picking up a racer suffering from a mechanical or medical incident. Such a passenger should occupy the rear-most passenger side seat and wear a mask.

3.6. Feed Zone / Discard zones

- Feed zones are only permitted for events over 100km in length. Events with shorter distances may provide a feed zone if temperatures are expected to be above 25c or if the terrain is such that racers are expected to take more than three hours to complete the full distance.
- Feed zones are to be demarcated by the event organizer.
- All support staff must register with the organizer in order to be present in the feed zone. All persons present in the feed zone must provide a COVID 19 declaration form and contact information to the organizer. While at the event site and in feed zones support staff must wear a face covering at all times.
- Individuals in the feed zones must only pass/handle items to their respective club/team
- The feed zone may also serve as a discard zone for water bottles, food wrappers and extra clothing. These items must be collected only by support staff for that rider.
- This area will be monitored and supervised by a staff member, who will wear appropriate PPE.
- Riders shall collect discarded items immediately following their race from support person, or if no support person is present from the feed zone directly. Riders shall wear a face covering at all times when collecting discarded items after their event. Items not claimed will be discarded by the race organizer in accordance with health and safety guidelines.

Chapter 4. Competition guidelines: Road time-trials

4.1. Eligibility

- Road time-trial events are open to Cycling BC members only. Inter-provincial travel for the purpose of competition should not occur at this time.
- Athletes with licences issued by another federation but are currently residing in British Columbia shall contact Cycling BC in order to receive written permission to participate.
- Provincial Race or UCI Race licenses are required. Single-event permits may be made available at the discretion of Cycling BC.
- Racers must be competing in the category that is indicated on their race license.

4.2. Staging / parking

- Respect physical distancing rules at all times;
- Wear a mask if unable to maintain physical distance;
- Do not arrive more than 60 minutes before your scheduled start time, or at the time frame designated by the event organizer;
- Read and understand the event-specific staging instructions prior to arrival;
- Only racers and their guardians (if minors) are permitted at the race site;

4.3. Start area

- Masks should be worn until racers arrive to the start area
- The start area should be outdoors.
- Visual markings demonstrating 2m separation should be applied to the start area.
- Bike checks (if applicable) shall be performed by a certified commissaire wearing gloves and a face mask. A two-metre distance shall be maintained between the rider and the commissaire.
- No holder shall be employed at the start line. Riders will begin with one foot clipped in and the other on the ground.
- Minimum 30 second start intervals.

4.4. Specific requirements for paracycling athletes

Any persons responsible for the support of an athlete and coming in physical contact with their equipment are required to wear gloves and a face mask.

4.5. Vehicles on course

- Moto: no passenger unless wearing a full-face helmet and clothing covering their body from head to toe.
- Passenger vehicle: no passenger unless required for picking up a racer suffering from a mechanical or medical incident. Such a passenger should occupy the rear-most passenger side seat and wear a mask.

4.6. On Course

- Standard UCI regulations regarding passing another racer are in effect (25m longitudinal and 2m lateral, see UCI regulation 2.4.017). Exceptions are to be made when the racer's safety is in jeopardy.
- Yellow line rule is in place at all times.
- Dropping food wrappers or water bottles is strictly prohibited.

Chapter 5. Competition guidelines: Cyclocross

Mass start cyclocross race(s): **25 person maximum per category/cohort**

5.1. Eligibility

- Cyclocross events are open to Cycling BC members only. Inter-provincial travel for the purpose of competition should not occur at this time.
- Athletes with licences issued by another federation but are currently residing in British Columbia shall contact Cycling BC in order to receive written permission to participate.
- Provincial Race or UCI Race licenses are required. Single-event permits may be made available at the discretion of Cycling BC.
- Racers must be competing in the category that is indicated on their race license.

5.2. Staging / parking

- Respect physical distancing rules at all times;
- Wear a mask if unable to maintain physical distance;
- Do not arrive more than 60 minutes before your scheduled start time, or at the time frame designated by the event organizer;
- Read and understand the event-specific staging instructions prior to arrival;
- Only racers and their guardians (if minors) are permitted at the race site;

5.3. Start area

- Masks should be worn until racers arrive to the start area
- The start area should be outdoors.
- Bike checks (if applicable) shall be performed by a certified commissaire wearing gloves and a face mask. A two-metre distance shall be maintained between the rider and the commissaire.

5.4. Specific requirements for paracycling athletes

- Any persons responsible for the support of an athlete and coming in physical contact with their equipment are required to wear gloves and a face mask.

5.5. Feed / Technical zones

- 'Hand-ups' from spectators are prohibited
- Feed and technical areas are to be demarcated by the event organizer.
- All support staff must register with the organizer in order to be present in the feed zone. All persons present in the feed zone must provide a COVID 19 declaration form and contact information to the organizer. While at the event site and in feed zones support staff must wear a face covering at all times. Individuals in these areas must only pass/handle items to their respective club/team
- The feed zone may also serve as a discard zone for water bottles, food wrappers and extra clothing.
- These areas will be monitored by a staff member, who will wear appropriate PPE.
- Riders shall collect discarded items immediately following their race. Items not claimed will be discarded by the race organizer in accordance with health and safety guidelines.

Chapter 6. Competition guidelines: Mountain Bike Cross-Country

Mass start mountain bike cross-country race(s): **25 person maximum per category/cohort**

6.1. Eligibility

- Mountain bike events are open to Cycling BC members only. Inter-provincial travel for the purpose of competition should not occur at this time.
- Athletes with licences issued by another federation but are currently residing in British Columbia shall contact Cycling BC in order to receive written permission to participate.
- Provincial Race or UCI Race licenses are required. Single-event permits may be made available at the discretion of Cycling BC.
- Racers must be competing in the category that is indicated on their race license.

6.2. Staging / parking

- Respect physical distancing rules at all times;
- Wear a mask if unable to maintain physical distance;
- Do not arrive more than 60 minutes before your scheduled start time, or at the time frame designated by the event organizer;
- Read and understand the event-specific staging instructions prior to arrival;
- Only racers and their guardians (if minors) are permitted at the race site;

6.3. Start area

- Masks should be worn until racers arrive to the start area.
- The start area should be outdoors.

6.4. Specific requirements for paracycling athletes

- Any persons responsible for the support of an athlete and coming in physical contact with their equipment are required to wear gloves and a face mask.

6.5. On Course

- Race courses shall include sufficient opportunities for racers to safely pass each other including pull out areas for novice racers to slow down and stop if required to let another racer pass.
- Advanced obstacles should be complimented by 'B lines' or ride arounds.
- Racers should be self-sufficient while on course. Refueling and technical support may not be available.
- Dropping food wrappers or water bottles is strictly prohibited unless in a designated feed/discard zone has been demarcated. (see section 6.6).

6.6. Feed / Technical zones

- Feed and technical areas are to be demarcated by the event organizer.
- All support staff must register with the organizer in order to be present in the feed zone. All persons present in the feed zone must provide a COVID 19 declaration form and contact information to the organizer. While at the event site and in feed zones support staff must wear a face covering at all times. Individuals in these areas must only pass/handle items to their respective club/team.
- The feed zone may also serve as a discard zone for water bottles, food wrappers and extra clothing.
- Neutral food/aid stations are only permitted for XCM events. Liquids can only be provided to athletes by aid station volunteers using a pouring vessel. The Racers' bottle should be placed on a table and the vessel will be used to fill the bottle. The pouring vessel should not come in contact with the racers' bottles.
- These areas will be monitored by a staff member, who will wear appropriate PPE.
- Riders shall collect discarded items immediately following their race. Items not claimed will be discarded by the race organizer in accordance with health and safety guidelines.

6.7. Vehicles on course

- Moto: no passenger unless wearing a full-face helmet and clothing covering their body from head to toe.
- Passenger vehicle: no passenger unless required for picking up a racer suffering from a mechanical or medical incident. Such a passenger should occupy the rear-most passenger side seat and wear a mask.

Chapter 7. Competition Guidelines: Mountain Bike Downhill

Downhill races: grassroots and regional races permitted with physical distancing measures. No category size limits.

The use of facilities must conform to municipal/resort guidelines (ie. Lift capacity)

7.1. Eligibility

- Mountain bike events are open to Cycling BC members only. Inter-provincial travel for the purpose of competition should not occur at this time.
- Athletes with licences issued by another federation but are currently residing in British Columbia shall contact Cycling BC in order to receive written permission to participate.
- Provincial Race or UCI Race licenses are required. Single-event permits may be made available at the discretion of Cycling BC.
- Racers must be competing in the category that is indicated on their race license

7.2. Start area

- Visual markings demonstrating 2m separation should be applied to the start area.
- The start area should be outdoors.
- High touch areas in start gates to be cleaned between starts.
- Competitors will have allocated start times and will not be able to load the lift in any other time period, ensuring there are no crowds at start line.
- The designated starter shall remain 2m from the start line at all times.

7.3. Finish area

- The immediate finish area/corral will be restricted to event staff only. Competitors will be asked to clear the area on finishing their race.
- Racers should not approach the finish judge, timing technicians or master of ceremonies.

7.4. Mandatory and recommended equipment

- All standard equipment regulations as per UCI rulebook should be enforced (i.e. helmets, etc. See UCI regulation 4.3.011-4.3.013).
- Glasses and/or goggles are recommended.
- Full finger gloves and long sleeve shirts are mandatory.

Chapter 8. Competition guidelines: BMX

BMX races: 50 person maximum per age/ability category.

First and foremost, the use of the facilities (BMX track) shall adhere to municipal guidelines. Signage in spectator areas and parking lots reminding participants of physical distancing is required. See organizer responsibilities above.

8.1. Eligibility

- BMX events are open to Cycling BC members only. Inter-provincial travel for the purpose of competition should not occur at this time.
- Athletes with licences issued by another federation but are currently residing in British Columbia shall contact Cycling BC in order to receive written permission to participate.
- Provincial Race or UCI Race licenses are required. Single-event permits may be made available at the discretion of Cycling BC.

8.2. Start area

- ½ capacity at start gates.
- Avoid queuing athletes behind the group at the gate
- A two-metre gap is required between athletes and the gate operator. If that distance is not possible, the operator should be protected by a physical barrier (plexiglass) or a face mask.
- When the operator finishes their assignment at the gate they must disinfect all high contact surfaces.

8.3. Staging area

- Space out moto staging rows in accordance with physical distancing requirements.
- Allow for two metres in front and behind each athlete.
- Assign a volunteer to manage staging plus an additional assistant. Both shall wear a face mask.

8.4. Mandatory and recommended equipment

- All standard equipment regulations as per UCI rulebook should be enforced (i.e. helmets, gloves, etc.).
- Athletes required to ride in long sleeves and gloves.
- Glasses and/or goggles are recommended.

Chapter 9. Competition Guidelines: Track

As track racing is a venue-based discipline and all track programming in BC is organized and overseen by the host velodrome's club, each club will be responsible for creating their own safety guidelines that correspond with ViaSport's current [Return to Sport guidelines](#). The following safety plans have been approved by Cycling BC's Board of Directors.

Burnaby Velodrome Club – COVID 19 Safety Plan:
<https://www.burnabyvelodrome.ca/wp-content/uploads/2020/09/BVC-COVID-19-Safety-Plan-V2.0.pdf>

References

ViaSport. (2020). ViaSport Return to Sport Guidelines for B.C.”.

Order of The Provincial Health Officer (2020).

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-gatherings-events.pdf>