

# Cycling BC Return to Sport Guidelines

## Summary of Current Provincial Health Officer Order on Gatherings and Events

March 15th, 2021 update

### Overview

On March 15, 2021, sport-specific updates were made to the Provincial Health Officer Order on Gatherings and Events originally issued on November 19, 2020. The original intent of this order was to significantly reduce social interactions and travel. **The latest updates allow for increases to group sizes for adult sport activities taking place outdoors.** The impacts on sport include:

- All indoor and outdoor adult group sport activities for people 22 years of age and older are limited to the following:
  - Indoor activities – maximum of two people
  - Outdoor activities – **maximum of 10 people**
  - Physical distance of 3 metres is always maintained on the field of play
- Team sport activities for children and youth (under 22) can continue provided the activities are low risk of transmitting the virus and can maintain three metres of physical distance.
- Group activities other than time spent training (e.g., social gatherings, photo shoots) are considered events and therefore not permitted.

### Cycling Activities for Adults (22 years of age and older)

Adult team or group sport is currently prohibited. Group sport is defined as sporting activities involving more than one person and includes training and practice for an individual or a team sport. Therefore club/team group rides are currently restricted to the following limitations:

- **Maximum of 10 people**
  - **May include 10 athletes or a combination of coaches and athletes to a maximum number of 10 people.**
  - Participants must maintain a distance of three metres from one another while cycling together. Three metres is roughly equal to allowing a bike's length between the wheels of two riders.

### Cycling Activities for children or youth (under 22 years of age)

#### Group Size

- Total Group sizes are dependent on the size of the facility and the ability to maintain physical distance of at least three metres during the activities. No matter how large the space is, group sizes cannot exceed 50 people.

- Cycling BC Return to Sport guidelines continue to restrict activities to groups of 10 (with 2 coaches and 8 participants). If total attendees including coaches exceed these limits, then participants must be divided into smaller groups and remain separated from each other at all times.
  - The RULE OF TWO is still in effect (so at least 2 trained/certified and screened coaches at each session)
  - We also recommend a ratio of 1:6 coach/athlete ratio when conducting practice.
- No spectators are permitted for sport, unless necessary to provide care to a participant (e.g., first aid attendants).

## Games and Competition

- Competition is currently NOT PERMITTED.
- Clubs can play games, conduct race simulations, or individual time trials as long as these activities can be carried out while maintaining physical distance of 3m and without the use of additional volunteers and officials.

## General Guidelines

Participants should continue to adhere to Cycling BC's COVID-19 safety 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](http://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
- 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.
- All Cycling BC members will be required to complete a COVID-19 Declaration online through CCN.

- 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.

### Symptom screening and contact tracing

- All Cycling BC members will have completed a COVID-19 declaration as part of their membership registration.
- Although not mandatory, clubs are able to perform an additional daily symptom screen, either in person or electronically. We recommend using the questions from [BC's COVID-19 Self-Assessment Tool](#).
- Each club or activity organizer is required to collect the names and phone numbers of participants and staff for the purpose of contact tracing.
- Clubs, activity organizers, or venue staff should not attempt to perform their own contact tracing. In the event of a positive infection, the individual involved will provide the details of their recent exposures to the regional health authorities. The regional health authority will perform all contact tracing. In this case, they may contact the club or organizer to obtain the participant list and contact information.

### Face masks

- Masks are required to be worn by all individuals in indoor public settings. This includes common areas of sport venues when not engaged in physical activity.
- Masks are also required in outdoor settings while athletes, coaches and staff transition to the field of play. This includes in the parking lot, at registration, or mustering with their training group.
- Masks can be removed while participating in a physical activity.

### Travel to home club

Non-essential travel outside of your home region is currently not recommended, however individuals are permitted to travel to their home club for the purpose of sport, while following all restrictions in the current public health order.

- Home club is defined as the sport organization, club or facility at which a person is registered for ongoing sport programming. For example, a person who lives in North Vancouver may travel to the Burnaby Velodrome if they are a member of that club.
- Individuals should not carpool with other participants who are not in their household.

### High performance exemption

High performance athletes are individuals who been identified to targeted athlete list with the Canadian Sport Institute-Pacific (CSI-P) by their respective Provincial Sport Organization or National Sport Organization.

- This includes BC athletes identified by as members of Cycling BC's high-performance program as well as targeted athletes from other provinces that are currently residing in BC.

- A person who is a high- performance athlete may train, compete and travel for that purpose if they follow the COVID safety protocols of their respective provincial or national sport organization.