

# Cycling BC Return to Sport Guidelines

Summary for Youth Cycling Programs (Feb 26th, 2021)

## Overview

On December 24, 2020, sport-specific updates were added to the Provincial Health Officer Order on Gatherings and Events. The intent of this order is to significantly reduce social interactions and travel. 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 four 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.

## 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.

## 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.