

Cycling BC Event Guidelines:

Restart 2.0 – Step 2, June 15, 2021

**by
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Chapter 1. Return to Sport Restart 2.0

With the release of [BC's Restart Plan](#), viaSport's original Return to Sport Guidelines is no longer applicable. Instead, and as of May 25, 2021, the focus for sport will be on Step 1 of BC's Restart Plan. How, and if, we move through the various steps of the Restart 2.0 will be based on BC's rates of Covid-19 immunization, positive case counts, hospitalizations/ICU rates, and mortality.

The previous viaSport Return to Sport Guidelines had sports grouped into various categories (Group A, B, C and D sports) and followed a cohort model – that is no longer the case. Instead, the focus for the Restart 2.0 will be based on whether a sport is taking place outdoors or indoors, along with travel rules for High-Performance sport. See the chart below.

Figure 1-1. ViaSport Return to Sport Restart 2.0 Plan



ALL STEPS: Transition between the steps will be dependent on case counts, hospitalizations, and vaccination rates. Sport specific COVID-19 guidance documents and safety plans should be adapted to fit the steps outlined in this Return to Sport Restart 2.0 Chart.

Chapter 2. Event Guidelines

2.1. 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 gov.bc.ca/covid19.

- 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 or anyone in your family have any symptoms of COVID-19 (BC CDC) you should get tested immediately and 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 your health care provider or call 8-1-1 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. Wearing a face mask is required when it is not possible to maintain 2 metres of separation from others (for example, in the event of a mechanical where another rider needs help).
- 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.

2.2. Face Masks

When should a face mask be worn?

Indoor venues - masks are required for everyone at all times except when a rider is in the 'field of play'.

Outdoor venues - masks are not required but are **recommended** when it is not feasible to maintain 2m of separation between individuals within the race venue, except when a 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 athletes, spectators, coaches, support personnel, volunteers, commissaires, timing crew, employees of Cycling BC and members of the organizing committee when indoors. Masks are not mandatory for athletes who are not actively racing, warming up, or cooling down.

2.3. Responsibilities of racers

In General:

All participants will be required to complete a COVID-19 Declaration form. The declaration is integrated in Cycling BC's membership registration and single event membership purchase process online through CCNbikes.com.

No spectators are permitted at events occurring indoors, unless necessary to care for a participant (i.e., parents of minors and first aid attendants). Only racers, coaches, and team staff are permitted within the facility. Spectator are permitted at events occurring outdoors up to the maximum number indicated in the provincial health order.

Racers will:

- not attend an event if experiencing symptoms of COVID-19 or if positive with the virus;
- respect physical distancing rules at all times while not actively racing;
- not arrive more than 60 minutes before your scheduled start time;
- read and understand the specific event rules prior to arrival;
- pre-register for events online whenever possible;
- not engage in congratulatory physical contact (i.e., high fives, handshakes or other contact);
- minimize the amount of time spent onsite following an event;
- not exchange food or water bottles;
- 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 also recommended);
- not approach commissaires, timing technicians or the master of ceremonies unless permitted to do so.

2.4. Responsibilities of organizer

2.4.1. Land and facilities use

Organizers of Cycling BC sanctioned events are required to receive permission by the relevant owners or managers responsible for the facilities in which the event will take place. This includes road use permits from the local municipality or the BC Ministry of transportation and Infrastructure or land use permits from private landowners or the BC Ministry of Forests, Lands and Natural Resources. Many of these permitting authorities have required organizers to submit a Covid safety plan to the Regional Health Authority for approval or demonstrate that their event is being organized in accordance with the event guidelines of Cycling BC.

2.4.2. 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.

2.4.3. 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), and 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.

2.4.4. Minimize the number of people on the event site

A Cycling BC event should not exceed the gathering size permissible under current [Provincial Health Officer \(PHO\) recommendations](#) in any given area that is permitted by the landowner for use by the event organizer. This includes the racecourse as well as the parking, registration, staging and finish areas of the event. The gathering size limit includes coaches, staff, officials and the organizing committee. 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, it is acceptable to have more than 50 people total in attendance.

As such, Organizers will:

- ensure that only racers, coaches, first aid attendants, parents of minors and organization personnel are authorized to be at the race site;
- Limit the number of categories or stagger race times to reduce traffic and keep gathering sizes within the allowable limits;
- 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.

Spectators

No spectators are permitted at events occurring indoors, unless necessary to care for a participant (i.e., parents of minors and first aid attendants). Only racers, coaches, and team staff are permitted within the facility. Spectator are permitted at events occurring outdoors up to the maximum number indicated in the provincial health order.

2.4.5. Event logistics

Organizers are required to:

- Provide and encourage online pre-registration in order minimize onsite interactions and license handling;
- send out a clear plan regarding designated parking areas and communicate this with riders along with day-of event protocols;
- wear face masks during set up and take down of equipment as required;
- provide disposable face masks and gloves as well as hand sanitizer for event staff and volunteers;
- make hand sanitizer available in high-touch areas (i.e., registration, bike wash station);

- ensure that contracted vendors and service providers (i.e., toilet rentals, food trucks, etc.) have a suitable covid safety plan that complies with WorkSafeBC requirements;
- 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).

2.4.6. Race secretary area

- 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)
- Face masks are mandatory for event administration staff and commissaires when in proximity to others.
- 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.), consider preparing bags in advance

2.4.7. 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.
- 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. If posting paper results, consider multiple copies at different locations in order to reduce gathering.

2.4.8. 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.

2.4.9. 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 should be avoided.
- 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.

2.5. Responsibilities of the commissaire

2.5.1. 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.

2.5.2. 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.
- Meetings held online via Facebook live or Zoom are preferred.

Chapter 3. 'Field of Play' Guidelines

3.1. Group size

- Adult: Maximum group size for adult sports is **50**.
- Youth: no maximum group size.
- Mixed age groups: Maximum group size is **50**.
- Organizers may stagger start times or schedule multiple race starts in order to increase total event participation. Gathering sizes on the “field of play” must remain below 50 participants.
- Maximum group sizes include staff, officials, coaches, and members of the organizing committee.

3.2. Eligibility

- Events are open only to Cycling BC members. Non-members may purchase a single event membership at the discretion of Cycling BC. 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.

3.3. Staging

- 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.

3.4. 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.

3.5. 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 a face mask.

3.6. Vehicles on course

- Moto: no passenger unless wearing a full-face helmet or mask.
- 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.

3.7. Feed Zone / Tech Zone

- Feed zones are to be marked by the event organizer.
- All support staff must register with the organizer in order to be present in the feed or tech zone. 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
- 'Hand-ups' from spectators are prohibited
- The feed zone may also serve as a discard zone for water bottles, food wrappers and extra clothing. These items must be collected by the rider or support staff for that rider.
- Riders shall collect discarded items immediately following their race from support person, or if no support person is present from the feed zone directly. Items not claimed will be discarded by the race organizer in accordance with health and safety guidelines.

Chapter 4. Travel

- Travel within the province of British Columbia for sport is permitted.
- Inter-provincial travel for sport is prohibited.

References

[ViaSport Return to Sport Restart 2.0](#)

[viaSport Frequently Asked Questions](#)

[Gathering and Events Order](#)

[Travel Restrictions in BC](#)

[WorkSafeBC](#)

[B.C. Centre for Disease Control](#)

[Mask Mandate Order](#)

[COVID-19 \(Limits on Actions and Proceedings\) Regulation](#)

[Workplace Safety \(December 16, 2020\)](#)

[Government of BC COVID-19 Restrictions Information](#)