



COVID-19 RETURN TO PLAY PROTOCOL

INTRODUCTION

This document outlines specific protocols clubs must follow in order to resume activities during the COVID-19 pandemic.

Below there are specific protocols for each of the cycling sports as well as general regulations which are appropriate for every sport.

None of these regulations supersede local regulations. All clubs must have the appropriate permissions to use city property when applicable. When running any club activities all municipal regulations must be adhered to. For instance, though the current rule is less than 50 people gathering outside, your city may regulate only 15 people at a venue at one time. This regulation must be adhered to for your event/ride to be considered sanctioned.

AHS has put out specific guidelines for outdoor recreation which can be found at <https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-organized-sport-physical-activity-and-recreation.pdf> Please keep updated on these guidelines. If AHS decrease's the maximum number of people gathered for any reason, all cycling activities MUST adhere to the new maximum.

The most recent stage 2 outdoor activity document can be found at <https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

It is important to note that social distancing is required for ALL activities at ALL times. This means before, during and after the activity. **Failure to follow this guidance will result in your sanction being revoked.**

At this time, activities should be restricted to local opportunities. It is not recommended participants seek sport, physical activity and recreation opportunities out of province.

We realize that things are changing rapidly, and we will endeavour to update this document to ensure we are staying current with AHS and Alberta Government guidelines.

Please remember that all Alberta Bicycle risk management regulations are still in place, anything outlined in this document is above on beyond what we have posted on our website. This includes following all local and provincial laws.

KEY DEFINITIONS

ALBERTA HEALTH SERVICES-Alberta Health Services (AHS) is the agency responsible for delivering health services to the people living in Alberta.

ALBERTA BICYCLE ASSOCIATION- The Alberta Bicycle Association (ABA) is the affiliated Provincial Sport Organization (PSO) of [Cycling Canada](#). It operates under the authority of the world governing body of all cycling's many sports, the Union Cycliste International ([International Cycling Union](#)) in Geneva.

SANCTION- A sanctioned event is defined as an organized group ride which is documented and approved prior to the date of the event and on file with the respective insured Provincial Territorial Association. Lists of individual members participating in the ride must be on file with the insured.

Events organized and conducted by an individual member does not automatically constitute a sanctioned event. An executive of a member club or an executive of the governing body will be required to provide sanctioning approval prior to the event taking place.

Failure to obtain sanctioning approval or failure to document the sanctioned event may result in a breach of coverage.

RIDE LEADER- A ride leader is the person designated by the club to be responsible for the group during any training activity. The ride leader shares information with the group, ensures all laws and regulations are being followed and is responsible for ensuring everyone's safety.

CLUB LEADER- A club leader is someone who acts and speaks on behalf of the club. Usually this would be members of the club's board of directors but can also be someone in other key roles.

COHORT- group of 50 people participating in a race/competition where social distancing cannot be maintained. A person is only able to have 1 cohort for stage 2. This means a person cannot participate in 2 different clubs' activities with 2 different sets of cohorts. It also means a person cannot participate in 2 sports with 2 different cohorts.

ALL CYCLING ACTIVITIES

COMMUNICATION

Club leaders and ride leaders are responsible for ensuring all participants have a clear understanding of the requirements for resuming any activity. Everyone needs to be educated on the risks involved and what is being done to mitigate those risks. Do not overestimate anyone's understanding of the risk involved, social distancing rules or proper sanitation. Volunteer leaders should be familiar with the information available from [AHS](#).

It is the responsibility of ride leaders/lead volunteers prior to the event to:

- Understand how to recognize the symptoms of COVID-19
- Collect all information (membership, registration waivers) prior to the event in electronic form, no paper copies.
- **COVID-19 assumption of risk waivers must be received by the club prior to allowing a participant in any race or activity**
- Ensure participants under the age of 18 have written consent from a parent/guardian. This can be emailed to the appropriate person before the event.
- Have an understanding of the symptoms of COVID-19 and have a screening process in place
- Remind everyone that anyone showing symptoms of COVID-19 must stay home
- Ride leaders/volunteers must remind everyone of the conditions for sanctioned group rides and any consequences for not following AHS and ABA regulations
- Remind participants that they should not be carpooling with anyone outside their immediate family
- Remind any participants who are at risk that they must stay home.

AT THE EVENT/ACTIVITY

Certain protocols must be in place during any sanctioned activity. It is up to the club, ride leaders and/or volunteers to make sure everyone understands the following:

- Maximum number of people gathering must be followed at all times and includes, participants, leaders, volunteers, parents, medical and spectators
- **The leader should screen all participants for symptoms of COVID-19 prior to the commencement of any activity; any participant that is exhibiting any symptoms cannot participate.**
- Riders must carry their own hand sanitizer
- No sharing of food/tools/water bottles

- If needed clubs should make parents aware that they may not congregate outside their vehicles while waiting (see max number of people)
- Any equipment that is shared/possibly touched must be sanitized between uses
- If mechanical assistance is required the person in need of assistance must move to a safe distance while being helped, any shared touch points must be sanitized before and after
- There must be specific protocols in place for dealing with any injuries or crashes which may occur; anyone providing aid must put on PPE before assisting the injured party, continuing to follow ABA risk management policy
- Sanitizer must be provided for any event where volunteers are required.
- Require all riders and volunteers to bring all food and fluids they will need for their session
- There should be no loitering before or after the activity. Leaders should remind participants to follow social distancing even after attending a group ride and be cognizant of the group they are representing when in team apparel.
- Leaders must ask parents and guardians to check the temperatures of their children daily before attending any activity. Parents and guardians should be reminded of this requirement when children are first registered
- The leader rider or volunteer must conduct active symptom screening of each child every day with the parent or guardian as they drop off their children.
- All activities must keep daily records of anyone attends for 15 minutes or longer, including volunteers. Records must be kept up-to-date and available to facilitate contact tracing in the event of an outbreak.
- All visitors or special guests should also be documented with their permission

*We understand that AHS protocols have removed the social distancing requirement for competitive sport where social distancing cannot be maintained. We ask that you still please keep social distanced during non-competitive cycling activities as much as possible. Since a person is only allowed 1 cohort this keeps the risk of someone taking part in multiple cohorts to a minimum.

We understand that there may be situations where this cannot take place (passing on a trail) and we ask that you continue to make all participants aware of the risk and the potential that for a brief time that 2m may not be maintained when passing non-group participants.

CLUB ACTIVITIES

FURTHER PROTOCOLS FOR TRAINING- ROAD

All road training must follow the rules of the road. Every group training activity must have a ride leader to ensure these rules are being followed throughout the training ride. Further to the Alberta, Municipal and ABA regulations please take into consideration the following:

- Including the ride leader, a group ride may consist of a maximum of 15 people
- Passing is only allowed when safe to do so following the 2m social distancing rule
- No spitting, snot rockets; cough into your elbow
- Stagger the start of multiple group rides by 30mins to minimize overlap of participants finishing with those arriving to start their ride
- Request participants to arrive only 15 minutes ahead of their ride time to ensure a limited number of people are waiting to ride.

FURTHER PROTOCOLS FOR TRAINING- XC

With the increased number of people using trail systems anyone partaking in a group training ride must be cognizant of how busy the trail system is and should always take this into account when planning a ride. Please be mindful of other people using the trail, especially those who may not have the skillset of the training group.

Consideration should also be given to the following:

- Including the ride leader, a group ride may consist of a maximum of 10 people
- No overtaking of slower riders unless there is a possibility to do so safely while maintaining social distancing
- Ride below the ability level of the riders, do not take risks
- Stagger the start of multiple group rides by 30mins to minimize overlap of participants finishing with those arriving to start their ride
- Request participants to arrive only 15 minutes ahead of their ride time to ensure a limited number of people are waiting to ride.
- The safest way to pass with social distance is to stay alert, slow down, and communicate with each other about how to proceed. One user or group must step six feet off-trail perpendicular to the trail to let the other user pass. Riders can leave their bike on the side of the trail. Walk back to the trail the same way to minimize any environmental impact. When you are identifying a spot to step off-trail, be cautious of sensitive or dangerous vegetation, insects, animals and loose or steep terrain.
- When taking breaks, be conscious to avoid group bunching, intersections, or spots on the trail where other users can't pass you safely.

FURTHER PROTOCOLS FOR TRAINING- TRACK

Tracks should check with the city to see what the maximum number of people is acceptable to them. Depending on what the city is or is not allowing the below protocols must also be followed

- No mass start races/training
- **Club houses should remain closed to members; if the city has granted permission to open you must follow all AHS guidelines**
- Standing starts only.
- If using a railing the railing must be sanitized after each start
- Create a reservation system for training blocks, no walk ups allowed
- If you are allowing spectators communicate that there will be a limit and assign seating to provide social distance around each

FURTHER PROTOCOLS FOR TRAINING- BMX

Tracks should check with the city to see what the maximum number of people is acceptable to them. Tracks must also be aware of and follow any directions from site operators, local operators and municipalities.

- Riders must maintain social distancing while on the track and while warming up/cooling down
- Preferably no gate run practices, if the gate is being used all touch points must be sanitized prior to switching operators.
- Pro-sets are to remain closed
- Track office must remain closed, if the city has granted permission to open the maximum number of people allowed to congregate indoors must be followed and all common areas such as washrooms must be sanitized regularly. Sanitizer must also be provided
- Tracks may not provide any loaner equipment to riders
- Create a reservation system for training blocks, no walk ups allowed
- If you are allowing spectators communicate that there will be a limit and assign seating to provide social distance around each

COACHING CLINICS/SKILL CLINICS

If a club would like to host a skills clinic or coaching clinic for a small group of members they may do so. Please make sure that you are aware of all municipal guidelines, especially if the activity is taking place in a public park

Some other considerations for the facilitator or coach:

- Maximum number of people includes instructors/coaches
- Social distancing must continue through all instruction periods and activities
- Parents may not stay in the field of play for the clinic
- Sanitizer must be available for everyone, especially when equipment may be touched by multiple people

CLUB RACING

ALL CLUB RACES MUST BE FIRST APPROVED BY THE ALBERTA BICYCLE ASSOCIATION

CONSIDERATIONS FOR TIME TRIALS XC OR ROAD (FROM USA CYCLING)

In many ways, time trial events may be most easily adapted to social distancing and risk mitigation for COVID-19. In most cases, riders are actively discouraged from riding together with the risk of penalty or disqualification if they do. Below are some course design considerations for time trial events.

- Start your fastest fields first and your slowest fields last.
- Start your fastest rider per field first and your slowest rider per field last.
- Create start times that will allow riders to keep apart on course.
- Create 2m zones in which riders will queue prior to their start.
- Create specific start area arrival times to eliminate crowding.
- Eliminate time trial holders and require all riders to start with a foot on the ground.
- Do not provide chairs for riders to sit upon while waiting, they must stand.
- Provide plenty of garbage cans for riders to throw away their refuse, and clean as needed.
- Garbage bags should be securely tied or knotted prior to disposal.
- Create rules to prohibit riders from spitting or blowing their nose in the start area.
- Require riders to wear face coverings while waiting for their start.
- Require starting staff to wear face coverings and provide instructions for proper usage.
- Properly social distance start staff and officials.
- Rely on a start clock beeper with the start official distanced from the rider.
- Provide a hand sanitizer station for starting staff.
- Provide start time electronically or in the rider packet.
- Provide posted start list sheets in very large font so no rider needs to touch the paper to confirm their start time and post that they are not to touch it.

If possible, send text reminders with rider start times including the race clock time at the time the text is sent, eliminating any start list postings

CONSIDERATIONS FOR CLUB RACING (SOCIAL DISTANCING CANNOT ALWAYS BE MAINTAINED)

As we enter stage 2 in Alberta's relaunch competition can now take place. Competition must adhere to AHS protocols. Cohorts refer to groups of racers, officials, volunteers who are unable to participate in an event without social distancing. If possible, social distancing should be practised during all other non-racing activities.

- For racers must be grouped into cohorts of 50 participants. Cohorts include volunteers, officials, racers who are unable to follow social distancing while participating in the race.
- Cohorts should remain together during stage 2
- **Participants can only be part of one cohort, they can not have 2 different cohorts at 2 different clubs or two separate events or sports.**
- If racing in groups start your fastest fields first and your slowest fields last

- AHS guidelines are set at 100 for outdoors this includes all volunteers and spectators and participants
- All participants or their guardians must be made aware of the risk associated with participating
- Spectators are encouraged to wear masks
- Spectators are expected to maintain a distance of two-metres, exceptions can be made for those who are from the same household.
- Cheering and yelling is strongly discouraged at this time as it presents a high risk of spreading droplets.
- In BMX pro-sets can be used for practise and racing
- After race celebrations such as high-fives and hugs should be discouraged
- If loaner equipment is being used it should be loaned for the duration of the event and sanitized completely afterwards.
- All other protocols must continue to be followed i.e. sanitizing, shared touch surfaces, online registration and PPE requirements