



# COVID-19 RETURN TO PLAY PROTOCOL

Stage 2 starting June 10, 2021

## **INTRODUCTION**

In stage 2 of Alberta's reopening plan "youth and adult sports resume with no restrictions, indoors and outdoors."

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

**While there are no restrictions on the "field of play" there are still restrictions before and after the activity, around spectators, officials, and volunteers which must be followed.**

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.

AHS has put out specific guidelines for sport which can be found at <https://www.alberta.ca/guidance-documents.aspx#sector> (scroll down to sport, fitness and recreation)

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.

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.

**FIELD OF PLAY**- the part of a field that is officially marked as the place where the action of a game happens: playing field

# ALL CYCLING ACTIVITIES

## COMMUNICATION

Club leaders, ride leaders, and organizers 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 and organizers 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.
- Remind everyone that anyone showing symptoms of COVID-19 must stay home
- Remind everyone of the conditions for sanctioned group rides and any consequences for not following AHS and ABA regulations
- Keep a record of all participations, volunteers, and spectators for contact tracing
- Adhere to the maximum gathering protocols

## INFORMATION FOR TECHNICAL GUIDES

- All participants must complete the Alberta Health Safety Checklist before taking part. Most recent can be found at <https://open.alberta.ca/dataset/56c020ed-1782-4c6c-bfdd-5af36754471f/resource/9000840d-63c4-41b4-9ec1-db5c09b9051e/download/covid-19-information-alberta-health-daily-checklist-2020-12.pdf>
- Require all riders and volunteers to bring all food and fluids they will need
- Anyone who is in isolation may not participate or attend any events
- While not **actively** participating in the event all attendees must remain 2 metres distanced

- ***Failure to comply with AHS, ABA regulations and/or the instructions of an official will result in removal from the event and may result in further sanctions, penalties, or fines.***
- All racers/volunteers/spectators must carry a mask with them to use in a situation where social distancing can not occur
- Racers/parents must be masked when signing on for the race
- Keep sign-on staggered and consider having sign-on open for only one group at a time

## ***PROVINCIAL & DISTRICT/CLUB RACING***

### **RACERS**

- We strongly encourage anyone who is considering racing to be vaccinated
- Racers are required to follow all gathering, social distancing requirements before and after their race
- Warmups and cool downs should take place socially distanced from others (including their team)
- Racers in isolation may not participate in any event until their isolation time is completed
- Licensing requirements remain in place for all races
- Riders must wear a mask before approaching and while interacting with staff, race officials and volunteers if they cannot maintain a minimum 2m distance
- Racers are required to wear a mask at sign on and while accessing portable toilets and/or building facilities

### **COMMISSAIRES/VOLUNTEERS**

- Any commissaire or volunteer who must be less than 2 metres distanced from others must be masked
  - o Chief, gate operator, staging, finish line, race secretary, technical delegate must remain masked as these roles require less than 2 metres distanced
  - o Masks must be worn when communicating with racers

- When possible commissaires and volunteers must remain 2 metres socially distanced from others
- Masks must be kept on their person at all times

### ORGANIZERS

- Maximum numbers for gathering:
  - o BMX/Track- 1/3 of bleacher maximum
  - o Races- 150 people
- Anyone not participating in the activity/race must remain 2 metres distanced unless required as part of the activity i.e. commissaires, first aid, coaches
- Any equipment that is shared/possibly touched must be sanitized between uses
- 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 all events
- Maximum gathering numbers and social distancing must be adhered to/enforced before and after the activity/event i.e. discourage racers from socializing on site after their race
- If registration must move indoors, all indoor protocols must be followed:
  - o Social distancing
  - o Maximum number of people indoors (1/3 fire code capacity)
  - o Masks must remain on at all times
- If registration is indoors, consider opening windows and doors for air flow
- Consider having the sign-on/registration area somewhere in the open with a large area and clear entering and exiting direction
- Washrooms if indoors must be sanitized regularly, portable toilets must have sanitizer available and should be set up to ensure crowding does not occur
- Due to vaccine eligibility, activities with children 0-11 years of age are strongly recommended to cohort play in groups of no more than **50 children** (including all teams who play games with each other). Staff and coaches are not included in the count.

## OTHER CONSIDERATIONS

- Anytime indoor activity is required masks must be worn- i.e. washrooms, locker rooms
- Shared accommodations and travel, outside one's household is not recommended (possibly not allowed at all)
- Mass participation events should consider staggered start times
- 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