



# Velo NB Covid-19 Guidelines Club and Local Competitions

## **(These guidelines are specific to include Race Events)**

As part of Velo NB's Progressive Return to Cycling Activities announced on May 22, 2020, we are providing the following information as a follow up to aide and assist clubs and organizations that are working towards the next step in the process, which is a return to competition. This document is here to assist organizers and provide information to participants as to what is expected when we return to organized local and club level competitions. We have reviewed all information provided to us, sought insight and best practices from across Canada, and are providing the more details to you at this time. We've worked to create the following guidelines to support your endeavours following your feedback.

Sanctioned activities are those that are organized by Velo NB registered clubs who have submitted the required paperwork for their activity and received approval from the VeloNB. Sanctioned events can be for Club-level or for Provincial-level events. At this time, competition will be sanctioned at the club, and local level. Events/Activities could include but not limited to group rides, training, races, and off-the bike events. These activities provide the club/team and its members with insurance coverage.

### Additional Notes/Clarification to Common Questions:

- Insurance is provided for members at all VeloNB Sanction Events/Competitions
- Insurance will not cover members involved in non-sanctioned competitions
- Insurance does not provide 24 hr coverage of member activities
- Members are able to participate in individual training and group rides with friends/family outside of club/team activities. However, these activities are not covered by the Insurance Program

All clubs must have the appropriate permissions to use city property or private property when applicable. When running any club activities all Provincial and Municipal regulations must be adhered to. These regulations must be adhered to for your activities to be considered sanctioned. For more information on the updated provincial regulations, please visit...

<https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19.html>.

Failure to follow guidelines set by the province or municipality can result in fines and/or charges under current regulations. Further more, Velo NB reserves the right to revoke sanctioning / insurance should the activity not adhere to guidelines set by the province/municipality, or by guidelines set by UCI, Cycling Canada or Velo NB. Velo NB reserves the right to suspend all cycling activities in the event of changes in Provincial regulations such as a move in the phase of deconfinement.

In addition to the Club and Team Group Activities that are able to be sanctioned at this time. Velo NB is progressing into a phase to allow for local and club competitions. Please take your time to read over the information requested of you at this time in order to progress

Club and Local Competitions - smaller scaled events that allow for competition in a safe way:

- Activity is organized by a Velo NB registered club
- All participants must have a valid Velo NB Membership
- Activity must adhere to all provincial, regional, and municipal restrictions on physical distancing, group size, and other additional requirements at the time of the activity
- Velo NB is recommending that your activity not exceed 50 participants on site.
- A record of participants, volunteers, organizers, and spectators needs to be kept for the activity. This would include names and contact numbers.
- Activity must adhere to the most up to date published VeloNB Progressive Return to Cycling Policies and Guidelines
- All participants must have signed the Velo NB ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID-19

[Adult Waiver](#)

[Minor Waiver](#)

- Activities must be submitted and approved as per Velo NB Process for Sanctioned Activities
- Activities must submit a Operational Plan to Velo NB and have a copy on site of activity (receipt will be acknowledged; however, it will not be subject to review for approval purposes)

[Operational Plan](#)

Event Organizers have a responsibility for ensuring all participants have a clear understanding of the requirements for resuming any sanctioned activity. Everyone needs to be educated on the risks involved and what is being done to mitigate those risks.

It is the responsibility of organizers prior to the event to:

- Understand how to recognize the symptoms of COVID-19
  - [Public Health Information on the symptoms](#)
- Have a screening process in place, or use the Public Health Symptom Checker
  - [Public Health Symptom Checker](#)
  - [Screening Questionnaire](#)
- Remind everyone that anyone showing symptoms of COVID-19 must stay home
- Collect all information required (membership, registration, waivers) prior to the event
- COVID-19 assumption of risk waivers must be received by the club prior to allowing a participant in any activity (see above for copy of the waiver)
- Event organizers or volunteers must remind everyone of the conditions for sanctioned group event, rides, race activities and any consequences for not following Government of New Brunswick (GNB) regulations

Certain protocols must be in place during any activity. It is up to the organizers, or volunteers to make sure everyone understands the following on site at the activity:

- Maximum number of people gathering must be followed at all times and includes, participants, organizers, volunteers, parents, medical
- Participants should be screened for symptoms of COVID-19 prior to the commencement of any activity; any participant that is exhibiting any symptoms cannot participate, and will be asked to leave the activity
- If a participant begins to exhibit any symptoms during the activity, they shall be isolated immediately. Keep the person isolated until they are picked up to avoid contaminating others.
- All activities must keep records of anyone who attends, participates or facilitates. Records must be kept up-to-date and available to facilitate contact tracing in the event of an outbreak.
- Riders must use their own hand sanitizer and face mask, to wear when required
- Sanitizer must be provided for any event or activity for participants, volunteers, or anyone else attending
- No sharing of food/tools/water bottles, all riders and volunteers to bring all food and fluids they will need for their event
- 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
- When dealing with any injuries or crashes which may occur; anyone providing aid must put on PPE before assisting the injured party, and continue to follow risk management and mitigation
- If needed clubs should make parents aware that they may not congregate outside their vehicles while waiting (see max number of people)
- There should be no loitering before or after the activity. Organizers should remind participants to follow social distancing even after attending the activity. All possible attempts should be made to limit pre and post event activities to ensure
- The use of gloves, and glasses when possible, is recommended for all riders.

In many ways, time trial events may be most easily adapted to social distancing and risk mitigation for COVID-19. The TT can be contested on road, gravel or mtb trail. In most cases, riders are actively discouraged from riding together with the risk of penalty or disqualification if they do. The TT allows for a distance between racer at the start and finish of the event. 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 pre and post competition
- Require starting staff and volunteers 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 or manual timing for smaller events
- 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 electronic reminders with rider start times including the race clock time at the time the text is sent, eliminating any start list postings
- Gathering pre-race and post-race are discouraged, along with any other gathering points during the event.

If you are an event organizer that is considering an XC, CX, or road race events, the following considerations should be taken in planning of the event as well as other competitive activities.

- If racing in groups start your fastest fields first and your slowest fields last
- Extend course length to limit lapping of participants
- Increase use of dual-track / multiuse trails to promote separation when passing/lapping
- Reduce race duration to limit lapping and interactions with racers and others
- Reduced race duration will also allow for the elimination of feed and mechanical zones which should be avoided if possible.
- Modify mass start to spread participants out (e.x. rows of 3-4 spread 6 feet apart)
- Limit interactions between volunteers and participants, this may mean the elimination of handing out of number plates, etc..
- VeloNB guidelines are set to follow provincial recommendations on the size of outdoor events this includes all volunteers and spectators and participants.
- Velo NB is recommending that your activity not exceed 50 participants on site.
- All attempts should be made in order to limit the number of additional persons accompanying a racer in order to avoid an abundance of unnecessary individuals at the race site
- All participants or their guardians must be made aware of the risk associated with participating
- Spectators are strongly 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.
- After race celebrations such as high-fives and hugs should be discouraged
- Attempt to post, and follow start and line up times in order to limit pre race gatherings
- Gathering pre-race and post-race are discouraged, along with any other gathering points during the event.

**General Notes:**

All other protocols must continue to be followed i.e. screening, social distancing when possible, sanitizing, cleaning shared touch surfaces, online registration, Personal Protective Equipment (PPE) requirements, etc.

These guidelines are not meant to be exhaustive or in any way meant to supersede other requirements and a common sense approach to reducing risk and the spread of Covid-19.

Participation to Club events is considered to be voluntary.

Race specific details to be provided by Clubs in their Operational Plan based on their specific location and/or club requirements.

**Velo NB understands that there are things that will be different for your event in comparison to others. Velo NB is here to work with you on specific details should they be required.**