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Velo NB Covid-19 Policy & Guidelines **Rides, Training Sessions, Group Activities**

(This policy is specific to Non-Race Events)

As part of Velo NB's Progressive Return to Cycling Activities, we are providing the following information to aide and assist clubs and organizations that are working towards a resumption of sanctioned cycling activities. We've had more information provided to us, and are providing the details to you at this time. We've worked to create the following guidelines to support your endeavours following your feedback, as well as consultation with our stakeholders. This document is here to assist, and provide more information at this time, and will be updated as more information becomes available.

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. Events/Activities could include but not limited to group rides, training, races or off-the bike events. These sanctioned 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, unless the "Buy Up" option is purchased.

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. All clubs must have the appropriate permissions to use city property or private property when applicable. For more information on the updated provincial regulations, please visit...

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

https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/sports_EN.pdf

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.

The following chart provides are breakdown of activities and facilities that are available in each region, as well as regulations provided by the Provincial Government.

Regions in Lockdown	Single household bubble only (Indoor and Outdoor)
	Indoor Sport and Recreation facilities are closed
	Outdoor individual activity or with members of household bubble permitted but people need to maintain 2m physical distancing outside their single household bubble
	Only essential travel is recommended in and out of Red level zones. Organized sport is not considered essential travel.
Regions in Level Red	Indoor Sport and Recreation facilities are closed
	Outdoor recreational spaces where people can congregate are closed .
	Outdoor recreation that promote movement alone or within a single-household bubble is allowed
	Only essential travel is recommended in and out of Red level zones. Organized sport is not considered essential travel.
Regions in Level Orange	Recreation and Sport organizations may operate but are limited to practices and/or skill and drills within a single team, with severe limits on the number and intensity of close contact play. A single team is defined as a pre-established group of individuals that has been getting together on a weekly regular/seasonal ongoing basis for their organized activity.
	No games or competitions.
	Organizations must take measures to best ensure physical contact is restricted.
	The formation of new teams/groups/classes is allowed for outdoor activities, provided your operational plan addresses mitigation measures that you will be taking. This includes details on the process for arrivals/exits, spectators. etc in order to alleviate any risk prior, during or after the event.
	Each respective organization/club must limit their activities so that individual members only take part in one consistent group per organization during the Orange phase.
	Sessional sports clinics and camps are not allowed at this time. They include the following...
	<ul style="list-style-type: none"> - Sessional activities that are not scheduled on a regular/seasonal ongoing basis (PD day camp, skills clinics, etc) - Sessional activities that do not have a consistent group of participants on a regular/seasonal ongoing basis
Regions in Level Yellow	Organized sports may operate as long as they identify and implement means to limit the number and intensity of close contacts during play.

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The following approved activities are eligible for sanctioning at this time should your region allow for it. Please take your time to read over the additional information that is required.

Club and Team Group Activities - including group rides and coach led training activities are eligible for sanctioning under the following requirements:

- 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.
- Activity must adhere to the most up to date published VeloNB Progressive Return to Cycling Policies
- Training must continue to abide by Responsible Coaching Movement and Safe Sport requirements
- 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 the activity (receipt will be acknowledged; however, it will not be subject to review for approval purposes). The Operational Plan addresses risk mitigation measures across all aspects of the activity.

[Operational Plan](#)

Organizers, leaders, and coaches 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 ride leaders/lead volunteers 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
- Be able to present a copy of the Operational Plan if asked.
- Collect all information required (membership, registration waivers) prior to the event
- Ride leaders/volunteers must remind everyone of the conditions for sanctioned group event, rides, 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, leaders, coaches, 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, leaders, volunteers, parents, spectators, medical. The following information is provided by the Province in regards to the size of the gathering.
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Regions in Lockdown	Single household bubble only (Indoor and Outdoor)
Regions in Level Red	Single household bubble only (Indoor and Outdoor)
Regions in Level Orange	Limit is set at 50 or fewer for organized sport, depending upon the size of the venue and the ability to ensure two metres of physical distancing, with continuous mask use and record keeping.
	There could be a wide range of layouts of multipurpose facilities and areas. Each would have to be assessed on its own individual basis. A facility may have multiple sporting spaces separated from each other entirely. If spaces can be physically separated and controls are in place to avoid traffic from one to another, the participants can be based on space with a limit of 50 people per space.
	Where facilities (indoor or outdoor) have more than 1 space per entrance/exit, a staggered schedule is required to limit the amount of patrons entering/exiting at one time.
	If the space allows for it, two teams/groups can be on the same playing surface for their practice as long as they do not interact with each other. The size of the group should be determined based on the ability to maintain 2m physical distancing during practice.
Regions in Level Yellow	Organizers may host competitions with less than 150 participants in their public health zone but may only host intra-Provincial events with less than 50 participants
	Clinics/camps (team or individual sports) may host clinics in their public health zone with less than 150 participants but may only hold a intra-provincial clinic with less than 50 participants. <ul style="list-style-type: none"> • Separate operational plans are required for specific competitions and clinics which must address travel, etc in addition to the usual risk mitigation measures. Participants includes athletes, coaches and officials. For events that do not have seating and where the movement of spectators cannot be controlled, the spectators must be included in the number of participants.
	Occupancy of any facility must be based on the ability to maintain physical distancing between people that are not close friends and family. Venues with indoor events with controlled entry and/or controlled seating, are required to capture contact information on persons using the facility. Owners and occupiers of land and/or buildings must take all reasonable steps to prevent gatherings of more than 50 persons unless effective procedures ensure adequate screening and distancing as required by WorkSafe NB and the Chief Medical Officer of Health.

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- 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 [List of Atlantic Canada Suppliers](#)
- No sharing of food/tools/water bottles, all riders and volunteers to bring all food and fluids they will need for their session
- 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 protocols
- 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. Leaders should remind participants to follow social distancing even after attending the activity
- The use of gloves, and glasses when possible, is strongly recommended for all riders.

Additional Protocols For Training - Road

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

- Including the ride leader, a group ride may consist of a maximum of 50 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.

Additional 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 50 people
- Attempts should be made at limiting the overtaking of slower riders and do so safely while maintaining social distancing. The safest way to pass with social distance is to stay alert, slow down,

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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.

- 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.
- When taking breaks, be conscious to avoid group bunching, intersections, or spots on the trail where other users can't pass you safely.

Coaching Clinic / Skills Clinics

If a club would like to host a skills clinic or coaching clinic for a small group of members they may do so if allowed by provincial regulations, please refer to the chart above for details. Please make sure that you are aware of all provincial and 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 and any other on site persons
- Clinics and training camps must maintain physical distancing
- 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
- Wearing a face mask when social distancing is not possible

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 in Club activities is considered to be voluntary.