

# Progressive Return to Cycling Guidelines



The information contained in this document is current to November 2020

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# Risk Mitigation

*Participation in any organized activity carries with it some risk. It is important for participants in sanctioned activities to take the precautions necessary to protect themselves and others. The guidelines laid out in this document will help guide members, clubs and teams through the proper planning and execution of their activities. Some basic risk reduction methods include:*

- Not participating in any group activities if you or any of the other group participants:
  - A. Exhibit any COVID-19 symptoms including:
    - Fever and/or chills
    - Cough
    - Difficulty breathing or shortness of breath
    - Muscle aches
    - Sore throat or difficulty swallowing
    - Runny, stuffy or congested nose (not related to seasonal allergies or other known causes)
    - Lost sense of taste or smell
    - Extreme tiredness
    - Any other symptoms as identified by health experts

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/about-covid-19#symptoms>
  - B. Have been in contact with someone who is a confirmed or presumptive case of COVID-19 within the last 14 days
- Washing your hands frequently following the recommended guidelines for a minimum of 20 seconds
- Not touching your face/eyes/mouth with your hands
- Using an alcohol based sanitizer containing over 60% alcohol if soap and water are not available
  - Practicing proper etiquette by covering your mouth and nose with your sleeve (not your hands) when coughing or sneezing, and washing/sanitizing your hands as soon as possible after
- Avoiding contact with sick people, as well as limiting close contact with people deemed “high risk”
- Keeping a MINIMUM distance of 2 meters from other individuals at all time.
- Avoiding all physical contact including hugs, handshakes, high fives and fist bumps
- Limiting the risk of an emergency situation by ensuring you do not push yourself too hard or take any undue risks
  - Ensuring you wash/sanitize all used clothing and disinfect all cycling equipment including, but not limited to: your helmet, sunglasses/protective lenses, handlebars, water bottle, etc.

# COVID-19 Information

If you are displaying any symptoms related to COVID-19 you should NOT be participating in any activities.

**Use the Saskatchewan Government's Self**

**Assessment Tool:** <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-self-assessment>

**to see if you should consult your appropriate medical professional or HealthLine 811.**

**Saskatchewan Government COVID-19 website**

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus>

**Download the COVID-19 Alert App**

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid19-apps>



# Guidelines for Members

All participants in club or team sanctioned activities should follow the Progressive Return to Cycling Guidelines along with the latest recommendations from the Saskatchewan Government, Saskatchewan Public Health, local public health units and medical experts prior to participating in any club or team activity.

**Ensure you have completed your SASKATCHEWAN CYCLING ASSOCIATION ACKNOWLEDGEMENT, RELEASE, INDEMINITY AND ASSUMPTION OF RISK REGARDING COVID-19 online.**

- Do **NOT** participate in any group activities if you or any of the other group participants:
  - A. Exhibit any COVID-19 symptoms including:
    - Fever, cough, difficulty breathing or shortness of breath, chills or muscle aches, sore throat or difficulty swallowing, runny, stuffy or congested nose (not related to seasonal allergies or other known causes), lost sense of taste or smell, extreme tiredness, or any other symptoms as identified by health experts and the Saskatchewan Government
  - B. Have been in contact with someone who is a confirmed or presumptive case of COVID-19 within the last 14 days.
  
- Consider not participating in group activities (club/team) if you:
  - A. Are considered vulnerable or at higher risk (elderly individuals, immunocompromised persons, individuals suffering from health problems including, but not limited to asthma, chronic bronchitis and other lung diseases, high blood pressure, diabetes, etc.)
  
- Practice safe physical distancing by maintaining at least 3 meters (6 feet) distance between yourself and any other individual outside your “bubble” prior, during, and after your sanctioned activity
- Make sure you have enough snacks/liquid with you to ensure you don’t have to stop along your ride or use a tap/water fountain
- Do not share food or equipment (including water bottles) to prevent transmission of viruses and bacteria
- Clean **ALL** your equipment prior to heading out including wiping down your handlebars, glasses or protective lenses, and ensuring you have a clean water bottle
- Consider wearing an appropriate mask during lower intensity training/riding, making sure the mask covers both the mouth and nose
- Consider wearing gloves
- Confirm your bike is in good working order and that you are aware of the basic bike maintenance necessities, and are equipped with the appropriate tools prior to an activity
- Consider bringing a fully charged cell phone with you in case of emergencies
- Let your Emergency Contact know the route/time frame of your activity
- Ensure you know and are following your club/team’s approved Risk Management Plan for activities
- Do not loiter after your activity
- If at any point you start displaying signs of COVID-19, members should:
  - A. Contact Sask HealthLine 811 and follow all instructions as provided
  - B. Contact the club to notify them of any symptoms or pending/pending/confirmed test results

# Guidelines for SCA Affiliated Clubs & Teams

*These guidelines are for all SCA affiliated clubs & teams to review prior to launching in-person activities. Clubs & teams may implement even stronger measures to assure they are meeting the Saskatchewan Government, Saskatchewan Public Health, and local health unit recommendations and requirements during the COVID-19 situation. The SCA has taken steps to ensure this policy has been reviewed by medical professionals with knowledge of cycling activities.*

- Format ALL planned activities to meet the most recent guidelines and recommendations of medical experts and provincial and local government and health units including:
  - Adherence to facility requirements and protocols
  - Physical distancing requirements (3m)
  - Congregating groups are not permissible before, during, or after an activity

**Ensure you have completed your SASKATCHEWAN CYCLING ASSOCIATION ACKNOWLEDGEMENT, RELEASE, INDEMNITY AND ASSUMPTION OF RISK REGARDING COVID-19 online.**

- Modify activities to limit or eliminate contact between members including staggering starts by a minimum of 30 minutes or choosing different routes for groups to limit/eliminate overlap
  - Confirm if there are any restrictions, limitations, or further regulations for the location where you are riding
  - If your activity takes place at a private facility, follow all requirements of the facility, this Progressive Return to Cycling document, as well as government regulations
  - Review your current Risk Management procedures and ensure these can be followed under current conditions
  - Educate your members (especially those who are immunocompromised or are older) to the risks associated with COVID-19 and their participation
  - Develop a process to limit registrants of an activity to the amount permitted (pre-registration)
  - Keep a record of all participants in each activity. This may become necessary for contact tracing should an infected individual participate in an activity
  - Remind members to wash their hands and disinfect their equipment both prior and post activity
  - Ensure members, including Team Managers, Club Directors, Coaches, Ride Leaders and volunteers are aware on the symptoms associated with COVID-19 including, but not limited to:
    - Fever and/or chills
    - Cough
    - Difficulty breathing or shortness of breath
    - Muscle aches
    - Sore throat or difficulty swallowing
    - Runny, stuffy or congested nose (not related to season allergies or other known causes)
    - Lost sense of taste or smell
    - Extreme tiredness
    - Any other symptoms as identified by health experts
- <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/about-covid-19#symptoms>
- Continue to inform your members on various COVID-19 related items including local and provincial government updates, medical expert advice, and specific steps the club/team is taking

## Prior to your sanctioned activity:

- SCA sanctioned Group activity sizes are subject to the latest SCA Return to Sport Update (<https://saskcycling.ca/return-to-sport-update/>). Please be sure to check the SCA website frequently for updates as the COVID-19 situation continues
- Consideration must be given to overall length of the group when on the road
- Clubs/Teams may sanction multiple activities however these should be updated with the SCA as the COVID-19 situation progresses, and should follow Government guidelines, provincial and regional Public Health Guidelines and the SCA's latest Return to Sport Update and these Progressive Return to Cycling Guidelines.
- If a club decides to have multiple activities, they should be spaced out enough (both time and distance wise) to ensure no congregating/mixing of groups/activities. Failure to do this may result in the club/team's activity being pulled and it's affiliation with the SCA being in jeopardy.
- Confirm your Ride Leader knows who has registered for the activity
- Ensure Ride Leaders carry PPE equipment (disposable gloves, mask or appropriate face covering, first aid kit, hand sanitizer) with them during rides to be prepared for any potential injury or mechanical situation
- Encourage participants to bring their own hand sanitizer, gloves, and/or face masks
- Communicate all hygiene measures in advance to activity registrants
- Remind registrants prior to the activity (via email) of the latest government and public health requirements (as well as any club specific rules or protocols)
- Confirm the 2020 membership status of each activity participant by requesting an electronic copy of their membership or confirming through your club's 2020 CCN member registration list
- Confirm each participant has submitted the **SASKATCHEWAN CYCLING ASSOCIATION ACKNOWLEDGEMENT, RELEASE, INDEMINITY AND ASSUMPTION OF RISK REGARDING COVID-19**
- Remind all participants prior to departing that if they are experiencing any COVID-19 symptoms they should NOT participate in the activity and should immediately return home and complete the Saskatchewan Government's COVID-19 Self Assessment Tool

## During your sanctioned activity:

- If meeting on the street or in a parking lot, ask that cars to be parked at least one spot apart from each other
- Ride Leaders should remind members to maintain a safe physical distance of AT LEAST 2 meters
  - Best to show participants prior to the activity what that distance looks like by having them spaced that far apart at the pre-ride information briefing
- Make sure participants do a bike maintenance check before departing
- Remind participants:
  - DO NOT share food, water or equipment
  - Maintain a minimum 2-metre distance from one another at all times including when approaching a stop or passing
  - If at any point you are not feeling well or comfortable on the ride to let your Ride Leader and fellow riders know **IMMEDIATELY**
  - **DO NOT SPIT OR CLEAR ANY AIRWAYS** outwardly
  - If you must sneeze or cough, this should be done into your arm/sleeve only
  - Do not take any undue risks
  - Wearing a mask is encouraged before, during and after activity

**After your sanctioned activity:**

- Remind participants to wash their hands (or use hand sanitizer with a minimum 60% alcohol content) as soon as possible, and to disinfect their equipment, including cycling attire
- If any member notifies the club that it has developed symptoms or has been (or will be) tested for COVID-19 the club should consider:
  - Recommending the individual follow Public Health Guidelines Contacting all members who were involved in the activity the member participated in and encourage them to get tested
  - Suspending club activities for those individuals who have been in contact with this individual



# Injury, Mechanical or Displaying Symptoms

- Any mechanical may only be worked on by ONE of two people; either the participant or the ride leader
- If a bike is to be serviced by a ride leader, it must be wiped down before and after with a sanitizing wipe or spray
- Anyone servicing a bike, or attending to an injured individual MUST use hand sanitizer before and after
- If there is an injury, the designated person providing medical aid must put on PPE before assisting the injured participant (masks, gloves, etc.)
- If a participant displays signs of any illness including COVID-19, the club should remove the individual from further participation. If the individual is incapable of returning home safely, their Emergency Contact should be notified. If the participant is under the age of 18, a parent/legal guardian should be contacted.

# Grassroots ITT Club & Team Activities

*These guidelines are for all SCA affiliated clubs & teams to review prior to launching any Individual Time Trial (ITT) activities. Any ITT activity should also take into account the General Guidelines section of this document, especially as it pertains to the allowable structure of an activity to limit risk and the safety precautions to take if there is a mechanical or injury during an activity.*

*Clubs & teams may implement stronger measures to assure they are meeting the Saskatchewan Government, Saskatchewan Public Health, and local health unit recommendations and requirements during the COVID-19 situation.*

Grassroots ITT activities that are organized by the affiliated club/team for its members may be permitted so long as physical distancing guidelines are followed AND the maximum number of participants (including athletes, volunteers, starters, timers, marshals, coaches, etc.) does not exceed the provincial guidelines at the time of publication.

## Prior to the Activity:

- On application, a club or team may run a grassroots ITT that is for the club/team's members as per club/team guidelines. The following items will need to be demonstrated as part of the application to host such an activity:
  - Online Registration Process
    - Helps ensure the club/team can track how many people have registered, split participants into groups & assign appropriate start times, as well as for beneficial for contract tracing.
  - Non-Contact Timing & Online Results
    - Avoid riders congregating at the end of their ride/group's ride for results.
  - Club Designate (preferably the Starter)
    - This person (whether the Starter or someone else) is responsible for the activity on site and will deal with any incidents that may occur.
  - Time Difference Between Starts
    - Provide enough time between riders to limit potential passing
  - Fastest Participant Goes First:
    - Faster riders should start first to limit potential passing
  - Staggered Group Starts (If more than one group)
    - If more than 10 participants, clubs may run separate groups to accommodate, however these groups must be staggered far enough apart from the previous group to avoid any congregation prior, during or post activity.
  - ITT Guidelines/Rules Document
    - A summary of the format and rules of the activity that is provided to participants. This should include safety measures that are being taken.
- All of the above items are in addition to the regular requirements for sanctioning an activity which include providing the SCA:
  - The date/day of the week the activity takes place
  - The estimated start time and finish time of the activity
  - A copy or link to the course map (required for all Time Trial Activities)

## Main Guidelines:

- Each participant in the activity must be a 2020 SCA Member, and a member of the hosting club/team.
- Each participant is required to sign the **SASKATCHEWAN CYCLING ASSOCIATION ACKNOWLEDGEMENT, RELEASE, INDEMINITY AND ASSUMPTION OF RISK REGARDING COVID-19** online.
- Clubs/Teams should remind members that if they are experiencing any symptoms of COVID-19 they should NOT be participating in any activities and to get tested and/or self isolate. Symptoms can include, but are not limited to:
  - Fever and/or chills
  - Cough, sore throat or difficulty swallowing
  - Difficulty breathing or shortness of breath
  - Muscle aches
  - Runny, stuffy or congested nose (not related to season allergies or other known causes)
  - Lost sense of taste or smell
  - Extreme tiredness
  - Any other symptoms as identified by health experts

(<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/about-covid-19#symptoms>)
- Limit your **Total Maximum** amount of participants in a club/team ITT to the maximum allowed in the latest Return to Sport Update (<https://saskcycling.ca/return-to-sport-update/>) (unless local restrictions dictate less) and follow the guideline for staggered group starts.
- A participant is considered anyone actively involved with the activity including:
  - Athletes/Para-athletes
  - Starters & Timers
  - Marshals
  - Coaches
  - Volunteers
  - Etc.
- To help ensure clubs/teams do not surpass the maximum allowable # of participants, they may have more than one activity group, however these groups must be staggered to avoid a gathering of more than the allowable public gathering limit
- Course layout will help determine how staggered the groups should be:
  - If the course is a point-to-point, Group B can start 15-30 minutes after the last rider of Group A has departed. This rule would apply for any subsequent groups as well.
  - If the course is a loop (i.e. circular, square, rectangular or with a turnaround point), Group B can start 15-30 minutes after the last rider of Group A has completed their ride.
- It is important to remind riders that once they are done their ride not to hang around or congregate with another group. This will help ensure the group size does not surpass the allowable number for the area.
- Clubs/Teams should ensure all riders in a group are well spaced out at their start location following the government restrictions on physical distancing (Minimum 2 metres).
- If assembling at a parking lot, clubs/teams should encourage riders to arrive no more than 5-10 minutes prior to their estimated start time.
- It is recommended that clubs/teams consider having different meetings areas for each group to ensure that any rider from a previous group does not have an interaction with an arriving group.
- With all private venues, clubs/teams should consider whether they are allowed to meet on the facility grounds prior to using that location. (IE. Ensure you are not deemed to be trespassing)
- Any incident during the activity should be communicated to the Saskatchewan Cycling Association as soon as possible by completing the [SCA Injury Report Form](#)

# Mini League Use

*In addition to the **Guidelines for Members and Guidelines for SCA Affiliated Clubs & Teams**, the following additional guidelines have been created specifically for activities taking place within the mini league setting.*

## Preparation For Your Activity:

- Participants should be aware that masks are encouraged for before, during, and after the activity
- Racers must be grouped into mini-teams of 30 participants. Mini-teams include volunteers, officials, racers who are unable to follow social distancing while participating in the race.
- Mini-leagues must be comprised of individuals within the same town or city.
- Mini-leagues should remain together until restrictions are further relaxed.
- If racing in groups start your fastest fields first and your slowest fields last
- Provincial guidelines are set at 30 people on the field of play 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.
- After race celebrations such as high-fives and hugs are not permitted
- If loaner equipment is being used it should be loaned for the duration of the event and sanitized completely afterwards.
- Groups should not mingle after racing
- Where races are larger than 30 people leave enough time between groups that the first set(s) can finish and leave before the next set(s) arrive.
- All other protocols must continue to be followed i.e. sanitizing, shared touch surfaces, online registration and PPE requirements

## Maximum allowable group sizes:

### **MAXIMUM of 30 people on the field of play(unless local or facility restrictions dictateless) During Your Activity:**

- For any coach, official, or athlete who will be in more than one (1) mini league, the individual **MUST** wear a medical grade mask (ie cloth masks are not permitted).

## After Your Activity:

- Remind participants that they should wash their hands (or use hand sanitizer with a minimum 60% alcohol content), use disinfecting wipe/spray to clean equipment
- Athletes should be asked to clean (no garbage, empty water bottles, etc.)
- If any participants notify the coach that they have developed symptoms or has been (or will be) tested for COVID-19 the coach should consider:
  - Recommending the individual seek medical attention and follow Public Health Guidelines for the area
  - Suspending training activities for those individuals who have been in contact with this individual

### **In Case of Injury, or Mechanical or Participant Becoming Symptomatic:**

- Any mechanical may only be worked on by either the athlete [or parent] or the identified coach/mechanic
- If a bike is to be serviced by a coach/mechanic, it must be wiped down before and after with a sanitizing wipe or spray
- Anyone servicing a bike, or attending to an injured individual MUST use hand sanitizer before and after
- All coaches must have PPE equipment (disposable gloves, mask or appropriate face covering, first aid kit, hand sanitizer) with them during training sessions to be prepared for any potential injury or mechanical situation
- If there is an injury, the person providing medical aid must put on PPE before assisting the injured participant
- If a participant displays signs of any illness including COVID-19, the athlete must be removed from further participation in the activity and asked to return home. If the individual is incapable of returning home safely, their emergency contact should be notified. If the participant is under the age of 18, a parent/legal guardian should be contacted. The coach/leader may decide to end the training session at that time.
- If any participants notify the coach post activity that they have developed symptoms or has been (or will be) tested for COVID-19 the coach should consider:
  - Recommending the individual seek medical attention and follow Public Health Guidelines for the area
  - Suspending training activities for those individuals who have been in contact with this individual

# BMX Facilities

*In addition to the **Guidelines for Members** and **Guidelines for SCA Affiliated Clubs & Teams**, the following additional guidelines have been created specifically for activities taking place at a BMX Facility.*

## Preparation For Your Activity:

- Ensure awareness and compliance with facility specific protocols and restrictions
- Reminder that social distancing of minimum 2m be practiced at all times
- Design training sessions to focus primarily on individual efforts and skill work, no racesimulations
- Communicate process for entering, using, and leaving facility
- Spectators are not permitted [exception for parents/guardians under 18] communication on parent/guardian viewing area must be provided in accordance with facility protocols/restrictions
- Communicate training plan including gearing (if applicable), and remind athletes of being self-sufficient with changing wheel/gearing and tools required
- Athletes should be asked to come dressed in their cycling attire to avoid/minimize use of washroom/change facilities
- Athletes should be asked to bring their own hand sanitizer and disinfecting wipes/spray
- Maximum allowable group sizes:
  - **MAXIMUM of 30 people (unless local or facility restrictions dictateless)**

## During Your Activity:

- The Coach/Leader should arrive early to identify and designate athlete areas where only the designated athlete will be permitted to enter, warm-up, and store equipment during the training session [all areas must be a minimum of 2m apart]
- Equipment, tools, etc. should not be shared among participants
- Athletes [or parent designate] should work on the athlete's bike. A coach/mechanic, if required, may assist if the bike has been wiped [disinfected] and they are able to use their own tools
- The Coach/Leader should coordinate athlete (one at a time) movements into start gate or specific sections of the track and coordinate process for exiting the track
- If multiple athletes are on the track a distance of 2m must be maintained at all times
- Start gates will only be operated by the coach/leader [certified and experienced in the use of the start gate]. This person must remain a minimum of 2m from any participants.
- Only one (1) athlete will be permitted in the start gate at a time
- Athletes must return directly to their designated area or to identified line-up area following their effort
- BMX Clubs can use the Mini League guidelines for competitions

## After Your Activity:

- Remind participants that they should wash their hands (or use hand sanitizer with a minimum 60% alcohol content), use disinfecting wipe/spray to clean equipment
- Athletes should be asked to clean (remove garbage, empty water bottles, etc.) and wipe down their designated area [if applicable] with disinfecting wipes/spray
- If any participants notify the coach that they have developed symptoms or has been (or will be) tested for COVID-19 the coach should consider:
  - Recommending the individual seek medical attention and follow Public Health Guidelines for the area
  - Suspending training activities for those individuals who have been in contact with this individual

## In Case of Injury or Mechanical or Participant becoming Symptomatic

- Any mechanical may only be worked on by either the athlete [or parent] or the identified coach/mechanic
- If a bike is to be serviced by a coach/mechanic, it must be wiped down before and after with a sanitizing wipe or spray
- Anyone servicing a bike, or attending to an injured individual **MUST** use hand sanitizer before and after
- All coaches must have PPE equipment (disposable gloves, mask or appropriate face covering, first aid kit, hand sanitizer) with them during training sessions to be prepared for any potential injury or mechanical situation
- If there is an injury, the person providing medical aid must put on PPE before assisting the injured participant
- If a participant displays signs of any illness including COVID-19, the athlete must be removed from further participation in the activity and asked to return home. If the individual is incapable of returning home safely, their emergency contact should be notified. If the participant is under the age of 18, a parent/legal guardian should be contacted. The coach/leader may decide to end the training session at that time.
- If any participants notify the coach post activity that they have developed symptoms or has been (or will be) tested for COVID-19 the coach should consider:
  - Recommending the individual seek medical attention and follow Public Health Guidelines for the area
  - Suspending training activities for those individuals who have been in contact with this individual