



SASKATCHEWAN RETURN TO CYCLING UPDATE V. 5- March 23, 2021

Group Activities

1. SCA Sanctioned rides must be currently social distanced to **3 meters (10 feet)**.
 - This is an increase up from the 2m (6 ft) previously used.
 - If sending out participant groups in waves, physical distancing of **five meters (5m)** in between groups of participants.
2. Saskatchewan Health is currently encouraging all participants to wear a mask before, during and after activity.
3. Group size on outdoor rides is 10 people that are socially distanced

Events

1. Currently, competition is not permitted. Mini Team activity is now suspended. Only outdoor group, socially distanced, rides that are for training purposes only will be sanctioned.
2. For indoor activity, athletes 18 years of age and under may continue conditioning and skills training in groups of eight or fewer, abiding by the required mask use and at least three metres of physical distancing between participants at all times.
 - a. Individual groups of eight may not share a training/rehearsal surface or space at the same time.
 - b. Coaches /trainers are not included in the training group numbers as long as they are masked (medical grade mask) and maintain a minimum physical distance of three metres.
3. Regina and area cannot have travel in or out of Regina for cycling purposes.