

# Reviewed and Approved Return to Cycling Plan Bicycle NL May 27, 2021

## Bicycle NL Return to Sport Plan - May 2021

As the official governing body for the sport of cycling in Newfoundland and Labrador, this document sets out the core Principles and Guidelines for all Bicycle NL, 'approved or sanctioned', cycling activities throughout the Province and the pandemic planning measures and considerations required due to COVID-19.

### General Responsibilities

The following general guidelines will apply regardless of the Public Health measures currently in force. Bicycle NL members will be encouraged to remain mindful of the basic public health principles at all times:

- People – The more people you interact with, the greater the risk of spread.
- Space – The closer you are to others, the greater the risk of spread.
- Time – The more time you spend with others, the greater the risk of spread.
- Place – Indoor activities with others are more risky than outdoor activities.

### Approvals Process – Approved or Sanctioned Events

- Prior approval by Bicycle NL is required for all Approved or Sanctioned Events. See application form at: [Events – Bicycle Newfoundland and Labrador \(bicyclenl.com\)](https://www.bicyclenl.com/events)
- As part of that process, event organizers are required to develop and submit protocols to ensure that any planned activity or event complies with relevant Guidance [www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/](https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/) and follows public health orders. See the Guidelines for Government NL <https://www.gov.nl.ca/covid-19/alert-system/public-health-orders/>

### Personal Health

- All event organizers, participants, coaches, trainers, riders or anyone else who will be part of a cycling activity should be acutely aware of and must continuously monitor their own personal health.
- Any person who has had a confirmed case of COVID-19, or who has come into close contact with a person who has a confirmed case, should isolate, not be part of a cycling activity for at least 14 days, contact 811 and seek appropriate medical attention.

## Reviewed and Approved Return to Cycling Plan Bicycle NL May 27, 2021

- Individuals should self-monitor for symptoms of COVID-19 on a daily basis and any person showing symptoms should self-isolate, refrain from cycling activities and coming into close contact with others.
- Individuals with elevated risk for COVID-19 infection should take any necessary further precautions to protect themselves. Implement further measures to ensure an inclusive and safe environment. Information related to who may be at an elevated risk for infection is available [here](#).

### Physical Distance

- Any activity must respect the social and physical distancing recommendations currently in effect by the federal, as well as the relevant provincial or local government authority.
- Always maintain 2 metres between all individuals before, during and after cycling activity.
- Be conscious while riding to respect and maintain physical distance between riders, as well as with other cyclists, joggers, pedestrians, etc.
- Modify your group activities to limit or eliminate contact between participants
- Limit your activities to small groups.

### Group Gathering Size

- Training group size, including all riders, coaches, parents, personnel, officials and required safety personnel must comply with Provincial/Municipal group gathering size restrictions.
- Training groups should be kept to a minimum practical size to reduce risk where possible.
- If multiple training groups are established, they should be kept intact, so that the same group of people are training together, and the circle of potential contact is not expanded unnecessarily.
- Limit or eliminate all occasions for congregation of parents or athletes/participants in parking lots or any other gathering areas.

## Reviewed and Approved Return to Cycling Plan Bicycle NL May 27, 2021

### Sanitation

- Limit the use of any communal or shared equipment and avoid the sharing of equipment between participants if possible.
- Any high touch surfaces which may be touched by multiple individuals, should be sanitized before and after each training session.
- Sanitation practices should follow the Canadian Government [guidelines for cleaning hard surfaces](#)
- Ask each participant to bring hand sanitizer and regularly remind them to wash their hands.

### Safety Contingencies

- Educate coaches to recognize the symptoms of COVID-19.
- Ask participants under the age of 19 for a consent from a parent/guardian (consent forms are already signed at membership registration).
- Inform yourself on the rules and recommendations issued by Bicycle NL, the Provincial Cycling Association.
- Coaches/leaders should be aware of and understand the processes outlined in the Emergency Preparedness and Response Plan.
- Coaches and ride leaders should always have gloves, masks and hand sanitizer available to protect themselves should contact become necessary in the case of an emergency.
- During this time, unnecessary risks should be avoided. Riders, participants and coaches should use common sense to avoid any situation which involves undue risk and the potential need for emergency personnel to respond, or that unnecessary personal contact becomes necessary.

### Use of Clubs & Sports Facilities

- Event Organizer should consult Provincial and Municipal health authorities to understand the local risks and implications of resuming cycling activities, in addition to the use of club facilities or any public areas to support outdoor activity.

## **Reviewed and Approved Return to Cycling Plan Bicycle NL May 27, 2021**

- Consider all potential restrictions or considerations for the place of an organized cycling activity, such as park or facility closures or any other modified restrictions on public space usage.
- Event organizer and Coaches should ensure proper PPE, medical and sanitation equipment is available.
- Cyclists should arrive for a cycling activity wearing their kit and equipment.
- If using a facility, limit contact with surfaces and facility staff.

## Reviewed and Approved Return to Cycling Plan Bicycle NL May 27, 2021

### Alert Level 3

While Alert Level 3 measures are in force, individual Bicycle NL members are encouraged to cycle recreationally or train individually. All cyclists (including coaches & athletes) from separate households should maintain physical distance at all times. Individuals from a single household may ride together in closer proximity.

No cycling events will be sanctioned by Bicycle NL as all group sport activities are suspended until Alert Level 2.

### Alert Level 2

#### Phase 1 – April – May 2021

##### Individual Athlete Skill Development (April – May 30, 2021)

While Alert Level 2 measures are in force, individual Bicycle NL members are encouraged to cycle recreationally or train individually. All cyclists (including coaches & athletes) from separate households should maintain physical distance at all times. Individuals from a single household may ride together in closer proximity.

#### BNL Provincial Development Team Camp May 27 – May 30, 2021, Corner Brook.

*High Performance / Race Team Selection as first step towards Canada Summer Games 2022 participation.*

Involves approximately 10-12 Athletes; 3 Coaches; 2 Managers.

Athletes will be attending from the Eastern, Central and Western Health Districts in Newfoundland and are responsible for arranging their own travel to Corner Brook and accommodation, in line with public health guidelines. No athletes are travelling from Labrador. The 6 MTB Athletes and the 6 Road Athletes have a different program of training events to ensure separation, with different staff, and nearly all the activities are planned for outside. The athletes will be riding different courses appropriate to the demands of the different disciplines.

Public health information will be distributed to all participants in advance of the event, and all attendees will complete and submit a 'Fit to Participate' COVID-19 Declaration Form on Friday, 27 May, 2021 prior to travelling and arrival in Corner Brook.

We will require daily registration and contact tracing information from the athletes, via contactless sign-in using their devices, and these records will be maintained by BNL, including event waivers for a minimum period of 1 year. Athletes will be reminded to maintain physical distancing; and we will mandate COVID-19 measures including non-medical mask (NMM) wearing when not riding; and the use of hand sanitizer which will be provided by BNL. Athletes will have their own personal protective equipment (PPE) including NMM. However, BNL will ensure that additional NMM are available, if needed, throughout the duration of the Camp. Trash containers will be made available for discarding trash, tissues and PPE (e.g. masks and

## **Reviewed and Approved Return to Cycling Plan Bicycle NL May 27, 2021**

gloves), which may otherwise become a public health hazard. Any shared BNL smart trainers / static bikes used for testing purpose will be thoroughly sanitized between use, and physical distance will be maintained during testing, with the entire process managed by the BNL Coaching Team. All other riding equipment including bicycles will be provided by the individual athletes; and is not permitted to be shared during the Training Camp. Athletes will wear cycling gloves for all outdoor activities and any smart trainer testing.

No post event socializing will be permitted and no social events will be arranged by BNL. All feedback and post-event communication will be via email / virtual platforms.

A packed lunch will be prepared by a professional, outdoor caterer on Saturday, 28 May 2021, in accordance with public health guidelines and distributed to athletes. It is envisaged that this will be eaten outside during a ride. Athletes will be responsible for their own hydration and nutrition during the camp, via their selected accommodations and on training rides.

Any athletes or staff who identify symptoms will not be allowed to participate and will be asked to leave the Training Camp and complete the NL COVID-19 Self-Assessment tool, following the directions established by the Department of Health and Community Services. First Aid Responders will be briefed and aware of the appropriate COVID-19 protocols and Heart and Stroke guidelines that state hands-only CPR may be provided if there are concerns about COVID-19 transmission. For more information visit [www.heartandstroke.ca/articles/modification-to-hands-only-cpr-during-the-covid-19-pandemic](http://www.heartandstroke.ca/articles/modification-to-hands-only-cpr-during-the-covid-19-pandemic)

All BNL Coaches will have completed the NCCP 'Leading a Return to Sport Participation' eLearning Module in advance of the Camp; and all Staff in attendance will be briefed and aware of the BNL and Return to Play Requirements.

### **Travel Considerations**

- Coaches and/or team chaperones are responsible for ensuring players do not gather as a group in hotel room.
- Ensure all individuals wear non-medical masks when not in their hotel rooms.
- All players, coaches and parents/guardians should complete the COVID-19 self-assessment prior to travel.
- If hotel accommodations are required, coordinate arrival/departure protocols. Where possible, individuals from separate households should arrive at different times to avoid larger groups arriving for check-in.
- Where more than one individual from a separate household have shared hotel accommodations, ensure a maximum of 2 individuals to a room, in 2 beds, (instead of the traditional 4). Beds should be at least 6' apart, with head to toe orientation if possible, particularly if travelling with people not in an individual's 'Steady 20'. Where such accommodations are required, parents/guardians should be informed of and agree to those arrangements. Plan team functions at the hotel using a private meeting room

## Reviewed and Approved Return to Cycling Plan Bicycle NL May 27, 2021

for off-field activities. Team functions are only permitted if all individuals can maintain physical distance.

- Plan team meals at the hotel, if possible. Otherwise, coordinate meals at a local restaurant. It is important to note that sharing a meal in a hotel or restaurant does not equal permission to sit together. While eating, physical distance should be maintained between all individuals, unless individuals are part of each other's 'steady 20'.
- Provide a separate hotel room for any participant experiencing symptoms of COVID-19, if a parent or guardian is not travelling. Contact the participants parent/guardian to coordinate to take the participant home. If a parent/guardian is travelling with the team, the participant will be removed from team activities/competition immediately. Parents/guardian should be advised to contact 811 for follow-up.

### Group Rides and Youth Program Activities (April – May 30, 2021)

Bicycle NL members may participate in sanctioned or approved events within the general guidelines that gathering will not exceed 100 people, and that activities are conducted outdoors where physical distance is mandated and maintained. Historically, participation numbers are significantly lower, with group rides such as the 50+ Group attended by circa. 10-20 people.

Events in this category that may be scheduled in 2021 include: the Bonne Bay Loop, 50+ Group Rides and other Group Rides in St. John's, and the iBike Camp program for children and youth with disabilities. The BonRexton GranFondo event is planned for late September 2021.

#### Bonne Bay Loop

The Bonne Bay Loop is an annual GranFondo-type road event held each year in Gros Morne National Park. It is a non-competitive ride organized by Cycle Solutions from Corner Brook, in partnership with Tales, Trails and Tunes, with 75km and 30 km options for both beginner and experienced cyclists. Both options involve riding a loop course with Norris Point as the start/finish point. Previous years have seen less than 50 participants each time; and total event participants including marshals and organizers will be capped at 100 for this year. The event is tentatively planned for late May with a target date of May 23. Primarily this is an individual challenge in the outdoors where participants will be informed of the public health measures, and their responsibilities re. mask wearing and physical distancing. Registration and contact tracing information for participants and any volunteers are to be maintained for a minimum period of 14-days.

#### 50+ Group Rides

In 2017 BNL started a popular weekly group ride in St. John's for members aged 50 and over, which is typically attended by 10-20 BNL Members. The group ride attracts older adults who wish to improve their cycling skills in a relaxed atmosphere. The group rides take place one morning a week (weather permitting) and usually along the T'Railway, usually starting from Bowring Park. Alternate routes in Mount Pearl, Butter Pot Park and Bell Island, are also offered from time to time. While previously, social activities such as coffee stops were a feature of

## Reviewed and Approved Return to Cycling Plan Bicycle NL May 27, 2021

these rides, for the time being members will be reminded of the need to remain mindful of key public health principles and avoid informal socialization.

### Other Group Rides

During the summer season (May-October) Bicycle NL may sanction other group rides aimed at building skills, safety and confidence for cyclists, as well as offering social benefits. For safety, groups riding on the road together will generally be limited to 12 participants, and off-road groups on trails to 20 participants as a maximum. Existing informal community groups, and planned groups, include:

- St. John's East End – Wednesday morning
- St. John's Churchill Square – Sunday morning
- Women only Rides (St. John's) – Monday evening
- St. John's White Hills (MTB/off-road) – Wednesday evening
- Corner Brook – Cycle Solutions Group Rides (various times)

### Phase 2 (June – August 2021)

#### St John's Enduro Series

The Enduro Series is planned to take place in 2021 at the following dates and locations:

- July 18th in Corner Brook (Massey Drive)
- August 29th in St. John's (East White Hills)
- September 26th in St. John's (East White Hills)

This will be the third edition of an annual Enduro mountain bike series of 3 races with 5 stages per race. The races comprise timed downhill stages and untimed transfer stages. Some participants compete in a single race, typically the event nearest to home, with a few athletes completing the entire series. No organized travel or accommodation is provided by the event organizers, these are single-day events.

The SJES team has set a limit of 100 registered participants per race, but the exact number of participants will not be known until registration closes one week prior to each race. Provincial guidelines for Alert Level 2 allow a maximum gathering size of 50 people. There will staggered starting times to avoid riders congregating, and a total of 10 non-racers (organizers, volunteers, and first aid providers) at the starting point of the race. Other people such as spectators, photographer, friends, and family will not be permitted to congregate at the starting point until after the race begins and participants have departed. Spectators will be expected to maintain physical distance at all times, which is achievable as an outdoor activity over a wide area. There will be additional volunteers and course marshals stationed at various locations along the race course to assist with this.

## **Reviewed and Approved Return to Cycling Plan Bicycle NL May 27, 2021**

Registration and payment must be completed online in advance of the events. Rules and public health information will be distributed to all participants before the events to raise awareness of gathering size restrictions. All participants and volunteers will be required to complete:

- Canadian Cycling Association – Waiver, Release, and Assumption of Risk Agreement
- Sport NL – Release of Liability, Waiver of Claims, and Indemnity Agreement\*
- Sport NL – Declaration of Compliance – COVID-19

\*Participants under the age of 19 will be required to review the Bicycle NL – Informed Consent and Assumption of Risk Agreement, and this will need to be reviewed and signed by a parent or legal guardian.

Signage on the risks of COVID-19, proper cough etiquette and hand hygiene will be posted at the sign-in table on the day of the race. Sign-in will be contactless and hand sanitizer will be available. Upon sign-in, participants will be provided with sanitized timing cards, race plate, and map. Participants will be required to complete a simple COVID-19 screening to determine whether they are 'fit to participate', similar to the NL COVID-19 Assessment Tool. Any racers who identify they are experiencing COVID-19 symptoms will not be allowed to race and will be asked to leave the area and complete the NL COVID-19 Self-Assessment tool, following the directions established by the Department of Health and Community Services. No cash transactions or signing of physical paper documents will take place in person.

No equipment is to be shared between participants at any point, including bicycles, safety equipment, or tools. Participants will be required to bring their own food/water supply for the duration of the race. No washroom facilities will be provided as these are trail events.

### [Pouch Cove Classic \(June 20 – proposed, date TBC\)](#)

- This annual road cycling race has been held for many years, usually in May as a “Spring Classic” race to begin the summer season. It will be open to participants province-wide although the vast majority are expected to be local to the region. No organized travel or accommodation is provided by the event organizers, this is single-day and primarily-local event.
- The course consists of a 25 km loop along Bauline Line (Hwy 21), Pouch Cove Line, and the Torbay Bypass (Hwy 20), and in 2019 it was expanded to a monthly time trial series as well.
- The Upper Three Corner Pond Park serves as the start/finish line, allowing sufficient parking and space for organizing the event logistics.
- Participants will be limited to 75 in total. They will sign up for their category and complete either 1 , 2 or 3 laps of the course accordingly, which will limit congregation and there will be staggered start times for the categories.
- Spectators may stand alongside the Finish line area as long as social distancing is respected at all times. Results will be announced afterwards rather than holding an awards ceremony on site, and there will be no planned social activities.

## **Reviewed and Approved Return to Cycling Plan Bicycle NL May 27, 2021**

### Canada Summer Games (CSG) Team Training (June onwards)

- Following the Corner Brook High Performance Team (HPT) Selection Camp (described under Phase 1 above), we anticipate more coaching involvement with individual High Performance Team Athletes, including occasional outdoor group rides / training sessions during the summer cycling season. While some of this interaction may be in-person, the athletes will have access to a number of training platforms and a periodised annual training plan. Therefore, a large percentage of the planned training will be virtual, including virtual races or individual rides and outdoor training efforts with no BNL Coach / CSG Team presence.
- The CSG Athlete Selection Criteria only permits each Province to enter a maximum of:
- 5 Road Cyclists (Male & Female) / 3 MTB Athletes (Male & Female).
- Currently, we don't know the composition of the BNL Team and athlete numbers per Discipline as we've yet to complete the High Performance Team Selection Event, schedule for May 27, 2021 in Corner Brook.
- The expectation is that any future Group Team Rides will involve small numbers, typically 3-6 athletes plus 2 No. Coaches and it will be same individuals riding together in the same small groups to limit exposure.
- On any group rides, athletes will be expected to be self-sufficient and no food or beverages will be provided by BNL.
- Screening, registration/n and contact tracing information as required by BNL, and in order to comply with Public Health, will be recorded and maintained for a minimum 14 days for all in-person Coaching Activities.

### Port Au Port GranFondo (August 14/15 proposed – date TBC)

- This event is a recreational, non-competitive endurance road cycling event of about 112km around the Port au Port Peninsula, in western Newfoundland.
- There will be advance registration and online payment.
- On the day of the event there will be an online health declaration / check-in from to complete including the information required for public health contact tracing, and records will be retained by the organizers for at least 14 days after the event.
- There is no mass start.
- Public health measures will be adhered to, including mandatory non-medical mask wearing at rest stops / when not riding.
- All volunteers will be briefed re: public health protocols and PPE will be supplied.
- Riding in large groups will be prohibited and participants will be encouraged to ride with their own 'bubble' or alone.
- There are no indoor activities planned as part of the event and the total participation will be limited to 75 riders in total.

## Reviewed and Approved Return to Cycling Plan Bicycle NL May 27, 2021

### Phase 3 (September onwards)

#### Provincial Championships (September – date TBD)

- The Provincial Road Cycling Championships are being provisionally planned for September in 2021, returning again to Eastport region, where the races were held last time in 2019.
- Ryan Penney, John Hancock are leading the event logistics.
- No large crowds or spectator numbers are expected, based on previous events.
- The event is entirely outdoors, and social distancing and public health measures will be enforced. Based on previous numbers, there will be no more than 30 participants and spectators will be limited to one person per child/youth to assist in preparation for the event. Spectators will be asked to maintain physical distance at all times.
- Registration and payment will be completed online in advance of the race; and sign-in would be contactless.
- All participants would complete a simple, electronic screening prior to arrival.
- All registration and contact tracing information will be recorded and maintained for a minimum 14 days.
- Categories will have staggered starting times which further reduces participant numbers at the Start / Finish; and no post event socializing will be permitted.
- Event winners will be announced via social media and the BNL Website.
- Note this Event and the Logistics are currently in the discussion stage. Detailed planning with more details will follow, and this may be rescheduled as a Virtual Event depending on the Alert Level and necessary Public Health Measures.

#### BonRexton GranFondo (September 11 proposed date)

- This will be the third running of the annual BonRexton GranFondo.
- It is a recreational, non-competitive endurance road cycling event of about 133km around the Bonavista peninsula, starting and finishing at Port Rexton.
- There will be advance registration and online payment.
- On the day of the event there will be an online health declaration / check-in form to complete including the information required for public health contact tracing, and records will be retained by the organizers for at least 14 days after the event.
- There is no mass start.
- Public health measures will be adhered to including mandatory mask wearing at rest stops / when not riding.
- All volunteers will be briefed re. public health protocols and PPE will be supplied.
- Riding in large groups will be prohibited and participants will be encouraged to ride with their own 'bubble' or alone.
- There are no indoor activities planned as part of the event and the total participation will be limited to 75 riders in total.