



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. Please note these guidelines do not guarantee or claim to guarantee to stop the spread of COVID-19.

These guidelines are based upon Public Health information and guidance from the Government of Newfoundland and Labrador which are in effect as of the date of writing (February 28,2022). Public health measures change frequently, however, and the province is currently following a re-opening plan with full re-opening (no restrictions) tentatively scheduled to become effective on March 14, 2022.

At a minimum and at all times, event organizers, participants, coaches, trainers, riders, volunteers or anyone else who will be part of a cycling activity or event are required to follow the Public Health Measures as mandated by the province of Newfoundland and Labrador that are in place at the time of the event/activity. As well, Bicycle NL reserves the right to require enhanced restrictions for a planned event/activity in order to protect the health and safety of its membership as well as of others associated with the event.

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)
- As part of that process, event organizers are required to develop and submit protocols to ensure that any planned activity or event 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.
- Individuals should self-monitor for symptoms of COVID-19 on a daily basis. [Symptoms - COVID-19 \(gov.nl.ca\)](#)
- Any person with one or more symptoms should stay at home, self-isolate immediately and also complete the [COVID-19 self-assessment and testing referral tool](#)
- 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](#).

Masks

- Individuals 5 years and older are required to wear a [non-medical mask](#) when in public indoor settings. This includes when seated. The mask can be removed during eating or drinking.
- Individuals are asked to provide their own mask.

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.
- Maintain 2 metres between all individuals before, during and after cycling activity.
- Be conscious while riding to respect 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.

Pre-Event Screening

- Event organizers, participants, coaches, trainers, riders, volunteers or anyone else who will be part of a cycling activity will be asked to complete a [Self-screening Questionnaire for Public Places](#). The questionnaire may be sent via email to participants close to commencement of the event or, administered as part of the check-in process on the day



of the event or, alternately, individuals may be asked to complete the questionnaire independently.

- Any cyclist who has one or more of the listed symptoms, or who has been advised to self-isolate for any reason, will be asked to stay at home (or leave the area if symptoms are identified during registration).
- The individual must then follow the guidance outlined by the Department of Health and Community Services (see [Self-screening Questionnaire for Public Places](#)).

Close Contacts

- A close contact generally refers to someone who has been near a person with COVID-19 for 15 minutes or more when public health measures (e.g. masks and physical distancing) were not in place.
- If you suspect that you may be a close contact, please refer to the [Covid Exposure Flowchart](#) for guidance on follow-up.

Contact Tracing

- Event organizers are required to maintain a list of the names and contact information of all event organizers, participants, coaches, trainers, riders, volunteers or anyone else who was a part of a cycling activity and to maintain that list for 12 months following the event. This information is needed for contact tracing [Covid Exposure Flowchart](#) in the event of a possible COVID-19 exposure as well as for insurance purposes in the event of a claim.

Proof of Vaccination

- Individuals 12 or older must show proof of vaccination or approved medical exemption at sign-in. All individuals ages 12 years and older are required to show identification with their proof of vaccination. This must include their name and date of birth.
- For people ages 19 years and older, the identification must include a photo. If you are 19 years of age or older and do not have photo identification, you can present two pieces of non-photo identification that include your name and at least one must have your date of birth.
- Refer to [NLVaxVerify](#), the Government of Newfoundland and Labrador's official app that businesses or organizations can use on their mobile device to verify a COVID-19 vaccination record.



- You are considered fully vaccinated when at least two weeks has passed since your final dose of a COVID-19 vaccine [approved by the World Health Organization](#).

Group Gathering Size

- Training group size, including all riders, coaches, parents, personnel, officials, volunteers and required safety personnel must respect 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.

Sanitation

- Limit the use of any communal or shared equipment and avoid the sharing of equipment between participants if possible.
- Any 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.
- Ensure that participants have a signed consent. Those under the age of 19 need a consent from a parent/guardian (Consent forms are the waivers that must be signed when registering as a Bicycle NL member).
- Inform yourself of 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.

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- 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.
- 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 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.

Sources

Close Contacts Flow Chart

<https://www.gov.nl.ca/covid-19/files/Covid-Exposure-Flowchart-2021-FINAL.pdf>

Covid-19 Symptoms

<https://www.gov.nl.ca/covid-19/public-health-guidance/covid-19/symptoms/>

Current Restrictions

<https://www.gov.nl.ca/covid-19/restrictions/current-restrictions/>

Guidance for Residents

<https://www.gov.nl.ca/covid-19/life-during-covid-19/vaccination-record/citizens/>

Modification to Public Hands-Only CPR during the COVID-19 pandemic

<https://www.heartandstroke.ca/articles/modification-to-hands-only-cpr-during-the-covid-19-pandemic>

NLVaxVerify

<https://www.gov.nl.ca/covid-19/files/FAQ-NLVaxVerify-Final.pdf>

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Overall Guidance for Sport and Recreation

<https://www.gov.nl.ca/covid-19/employers/recreation/overall-guidance/>

Public Health Orders

<https://www.gov.nl.ca/covid-19/updates-resources/public-health-orders/>

Re-opening Plan 2022

<https://www.gov.nl.ca/covid-19/files/2022-Reopening-Chart-1.pdf>

Self-screening Questionnaire for Public Places

<https://www.gov.nl.ca/covid-19/life-during-covid-19/screening/>

Special Measures Order (Activities and Gatherings Restrictions)

<https://www.gov.nl.ca/covid-19/files/Special-Measures-Order-Activities-and-Gatherings-Restrictions-February-10-2022.pdf> Feb. 10,2022