

Cycling Australia

GUIDE FOR PARENTS AND CARERS

COVID-19 ENVIRONMENT

May 2020



1. Introduction

This document provides recommendations for parents and carers ('supporter') who take part in a cycling activity in the COVID-19 environment.

We note that this is an evolving situation and each state and territory will have a different approach and timelines to on restrictions which may result in different requirements at various times. Ultimately, public health policy and Federal, State and Territory Government directives, will govern any resumption of outdoor activities.

Who should not attend?

Unless required to directly support a participants, as a supporter, there is no other reason to attend a cycling activity. In this case a maximum of one (1) person should attend and if possible remain in the vehicle.

To ensure the health and safety of all participants no person is to attend if they have any illness or [symptoms of COVID-19](#). Any participant or supporter must not attend if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19 (cough, sore throat, fever or shortness of breath), even if mild.

A number of groups have been identified by Federal and State Departments of Health as having a higher risk of contracting the COVID-19, or of serious illness if they were to contract it. These include but are not limited to:

- Anyone identified as being in a [high risk group](#).
- Anyone with concurrent medical conditions including; respiratory or cardiac disease, hypertension, diabetes, obesity and immunosuppression due to disease or medication.

For further information visit: ['Advice for people at risk of coronavirus'](#).

If a participant is in one of the high-risk groups it is recommended to not attend any cycling activities with others.

Before Arrival:

There are a number of measures that recommended that a supporter undertakes prior to attending a cycling activity including:

- Undertake a virtual briefing from the activity deliverer outlining hygiene practices while undertaking the activities.
- Review resources from the Australian Government and WHO:
 - [Good hygiene for coronavirus \(COVID-19\)](#)
 - [Hand washing guidance](#)
 - [Keep that cough under cover](#)
 - [Self-isolation \(self-quarantine\) for coronavirus \(COVID-19\)](#)
 - [Advice for people at risk of coronavirus \(COVID-19\)](#)
- Be prepared to have your contact details shared with the State or Territory Health Department in the events of a positive case from the activity.
- Download and activate [the COVIDSafe APP](#).
- Be familiar with [cough/sneeze etiquette](#).
- Notify the Host Organisation that you will be attending.
- Be aware if there are variable start and finish times.

- Assist anyone attending as a participant to become familiar with the guidelines set by the Host Organisation and deliver. It is recommended that you also review the '*CA COVID-19 Guidelines for Participants*'.
- Be prepared to '*Get in, Train and Get out*' – make sure to arrive at the activity as close as practical to the start and leave as soon as possible after the end.
- Ensure that the participant is in their training kit when they arrive and has any food or drink they may require.

During the Activity: The focus of activity must be on '*Get In, Train*' and should include the following strategies:

- Wash hands upon entering the venue.
- Follow the [correct cough/sneeze etiquette](#).
- Maintain 1.5M between any other individuals.
- Observe any venue specific requirement on equipment closures (e.g. benches) and physical distancing requirements.

End of Activity: At the end of the activity supporters and participants should be '*Get Out*' including:

- Immediately following the end of the activity sanitise/wash hands and leave the venue.
- Do not socialise or participate in an end of the activity.

Be aware that anyone who does not adhere to the Guidelines may be asked by the Host Organisation or Deliverer to leave immediately.