

Cycling Australia

# GUIDE FOR PARTICIPANTS COVID-19 ENVIRONMENT

May 2020



# 1. Introduction

This document provides recommendations for participants ('riders') who take part in cycling activities in a 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 cycling activities.

## Who should not attend?

To ensure the health and safety of all participants No participants are to attend if they have any illness or [symptoms of COVID-19](#). Participants 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 you are in one of the high-risk groups it is recommended that you not attend any cycling activities.

## Before Arrival:

A number of measures are recommended prior to attending a group cycling activity. These include:

- Undertake a virtual briefing from the Host Organisation (e.g. club or coach) outlining hygiene practices while undertaking training.
- 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 a participant in the activity.
- We recommend downloading and activating [the COVIDSafe App](#).
- Be familiar with [cough/sneeze etiquette](#).
- Come to training in your kit and change out at home.
- Bring your own food and drink (filled).
- Be prepared to '*Get in, Train and Get out*' – participants should only attend the activity as close as practical to the start of any training and leave as soon as possible after the end of the activity.

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

- Wash your hands upon entering the venue (if applicable).

- Use hand sanitiser upon entering the training area (if applicable).
- Do not share food or drink with other participants outside of your household.
- Comply with the [correct cough/sneeze etiquette](#).
- Do not share any equipment between participants (shared bikes, sign-on pens, helmet covers, radios for volunteers, helmets, etc.).
- Adhere to the physical distancing requirements at all times.

**End of Activity:** At the end of the activity 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 activity.
- Understand that there will be no non-essential activities (e.g. recovery sessions or meetings). This will take place at home or online.

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