

Cycling Australia

REBOOTING CYCLING IN A COVID-19 ENVIRONMENT

May 2020



1. INTRODUCTION

We believe cycling is a critical activity within our communities for physical and mental health. Cycling can be conducted without direct contact between riders, coaches and officials, and physical distancing can be maintained at all times. By providing guidance we are seeking to create safe environments that will help people get back to what they love doing – training and racing.

These guidelines are designed to provide Host Organisations with the framework for conducting cycling activities (racing and training) in the COVID-19 environment. They provide the guidance on conducting cycling activities safely however we note that each instance will have specific requirements that should be considered. It is critical to remember that any activities must comply with local, State and Commonwealth public health guidelines.

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.

2. AIS FRAMEWORK FOR REBOOTING SPORT IN A COVID-19 ENVIRONMENT

On 1 May 2020, the AIS released a [Framework for Rebooting Sport in a COVID19 Environment](#) ('AIS Framework'). This Framework provides a tool which provides recommendations for the re-introduction of sport activity to occur in a cautious and methodical manner that optimises athlete and community safety. The AIS Framework also outlines '15 National Principles' for the resumption of Sport and Recreation Activities (Appendix A) that form the basis for the further return to cycling activities.

This Framework provides recommendations which are considered in conjunction with each state and territory public health advice and restrictions.

State specific requirements and resources and direction can be found at:

Australian Capital Territory: <https://www.covid19.act.gov.au/>

New South Wales: <https://www.nsw.gov.au/covid-19>

Northern Territory: <https://coronavirus.nt.gov.au/>

Queensland: <https://www.covid19.qld.gov.au/>

South Australia: <https://www.covid-19.sa.gov.au/>

Tasmania: <https://coronavirus.tas.gov.au/>

Victoria: <https://www.dhhs.vic.gov.au/coronavirus>

Western Australia: <https://www.wa.gov.au/government/covid-19-coronavirus>

3. RECOMMENDATIONS FOR THE RESUMPTION OF ACTIVITIES

A resumption of any cycling activities should not occur until appropriate measures are implemented to ensure the safety of all community members. Prior to the resumption of training or racing the Host Organisation should undertake pre-activity and site specific measures.

3.1 PRE-ACTIVITY RECOMMENDATIONS

Pre-activity it is recommended that the Host Organisations undertake the following:

- Appoint a COVID-19 liaison who is responsible for staying up to date on community and State/Territory recommendations and any associated changes. This person will also be responsible for keeping participants and members up to date on measures taken to ensure that there is a safe environment for participants. We recommend this person undertakes the [COVID-19 Infection Control Training](#).
- Undertake a virtual briefing and/or provide 'Induction Guides' for all participants outlining hygiene practices which are site specific. The following have been developed as tools that can be used:
 - CA COVID-19 Participant Guide
 - CA COVID-19 Parents & Carers Guide
 - CA COVID-19 Deliverers Guide
- Provide any participant electronic copies of Australian Government and WHO resources:
 - [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 \(COVID-19\)](#)
- All participants and deliverers ('Coaches or Event Organisers') should be encouraged to download the [COVIDSafe App](#). In the case of minors, who do not have a smart phone, this can be their parents who attend the activities.
- If applicable, agreement on the site specific requirements and use of venue should be made with the venue owner.
- Participants are to arrive at training in their kit and change again at home.
- Consider work health & safety practices / safe sport practices that might be applicable.
 - [Safe Work Australia](#)
- If possible, posting education materials at facilities:
 - [Good hygiene practices poster for businesses](#)
 - [Good hygiene is in your hands](#)
 - [Hand washing guidance](#)
 - [Keep that cough under cover](#)

3.2 SITE SPECIFIC RECOMMENDATIONS

Providing a safe and healthy training environment is key to the return of cycling.

Venues: Ensuring that venues have been prepared appropriately including:

- Frequently used spaces at each facility, surfaces and objects should be cleaned within the required regulations.
- Post education materials (as outlined above).
- Provide sufficient sanitising hand rub dispenser. These should be in a prominent place available to all participants.
- The use of change rooms should be minimised (e.g. for toilets not for showering).
- Develop a plan on the use of canteens/kiosks and cash handling that meet the current regulations.
- Develop a plan to avoid the use of non-essential surfaces including benches, fences and gates.

Training Management Strategy: The focus of training must be on 'Get In, Train and Get Out' and should include the following strategies:

- The number of participants must not exceed the maximum allowed by government regulations.

- Participants should be accompanied by not more than one parent or guardian, if possible. Where possible parents can be encouraged to stay in their car during activities.
- 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 session.
- Participants should only handle their equipment (bikes, bidons, nutrition and towels) and not touch the equipment of others.
- Participants should bring their own filled bidons (no use of water taps).
- No post-training social activities are to be conducted.
- Setup an arrival and departures process including consideration for staggered training times start and finish times.
- Determine which activities are non-essential (e.g. recovery sessions or meetings) are to be done remotely (e.g. at home or online).
- Prepare a plan a contingency plan for absenteeism among volunteers and staff.
- Prepare a plan for if someone develops symptoms of COVID-19 during an activity and how they can be safely transferred to a health facility.

Behaviour: The following behaviours should be observed:

- No participants and deliverers are to attend or must leave immediately if they have any illness or [symptoms of COVID-19](#).
- Participants and delivers 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, even if mild.
- Participants and deliverers must ensure physical distancing requirements are adhered to.

4 HIGH RISK AND VULNERABLE PARTICIPANTS

Vulnerable and high risk participations should either delay their return or undertake training when no other person is around. These individuals are:

- 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.

5 CHANGES TO RESTRICTIONS

- Keep up to date with the latest COVID-19 information through your State Government and CA COVID-19 Resource Hub.
- Be aware that although we expect restrictions will be eased over time, this may not be linear, and safety precautions must remain in place in accordance with government requirements.

APPENDIX A: NATIONAL PRINCIPLES FOR THE RESUMPTION OF SPORT AND RECREATION ACTIVITIES

1. Resumption of sport and recreation activities can contribute many health, economic, social and cultural benefits to Australian society emerging from the COVID-19 environment.
2. Resumption of sport and recreation activities should not compromise the health of individuals or the community.
3. Resumption of sport and recreation activities will be based on objective health information to ensure they are conducted safely and do not risk increased COVID-19 local transmission rates.
4. All decisions about resumption of sport and recreation activities must take place with careful reference to these National Principles following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant.
5. The AIS 'Framework for Rebooting Sport in a COVID-19 Environment' provides a guide for the reintroduction of sport and recreation in Australia, including high performance sport. The AIS Framework incorporates consideration of the differences between contact and non-contact sport and indoor and outdoor activity. Whilst the three phases A, B and C of the AIS Framework provide a general guide, individual jurisdictions may provide guidance on the timing of introduction of various levels of sport participation with regard to local epidemiology, risk mitigation strategies and public health capacity.
6. International evidence to date is suggestive that outdoor activities are a lower risk setting for COVID-19 transmission. There are no good data on risks of indoor sporting activity but, at this time, the risk is assumed to be greater than for outdoor sporting activity, even with similar mitigation steps taken.
7. All individuals who participate in, and contribute to, sport and recreation will be considered in resumption plans, including those at the high performance/professional level, those at the community competitive level, and those who wish to enjoy passive (non-contact) individual sports and recreation.
8. Resumption of community sport and recreation activity should take place in a staged fashion with an initial phase of small group (<10) activities in a non-contact fashion, prior to moving on to a subsequent phase of large group (>10) activities including full contact training/competition in sport. Individual jurisdictions will determine progression through these phases, taking account of local epidemiology, risk mitigation strategies and public health capability.
 - This includes the resumption of children's outdoor sport with strict physical distancing measures for non-sporting attendees such as parents.
 - This includes the resumption of outdoor recreational activities including (but not limited to) outdoor-based personal training and boot camps, golf, fishing, bush-walking, swimming, etc.
9. Significantly enhanced risk mitigation (including avoidance and physical distancing) must be applied to all indoor activities associated with outdoor sporting codes (e.g. club rooms, training facilities, gymnasias and the like).
10. For high performance and professional sporting organisations, the regime underpinned in the AIS Framework is considered a minimum baseline standard required to be met before the resumption of training and match play, noting most sports and participants are currently operating at level A of the AIS Framework.

11. If sporting organisations are seeking specific exemptions in order to recommence activity, particularly with regard to competitions, they are required to engage with, and where necessary seek approvals from, the respective State/Territory and/ or Local Public Health Authorities regarding additional measures to reduce the risk of COVID-19 spread.
12. At all times sport and recreation organisations must respond to the directives of Public Health Authorities. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.
13. The risks associated with large gatherings are such that, for the foreseeable future, elite sports, if recommenced, should do so in a spectator-free environment with the minimum support staff available to support the competition. Community sport and recreation activities should limit those present to the minimum required to support the participants (e.g. one parent or carer per child if necessary).
14. The sporting environment (training and competition venues) should be assessed to ensure precautions are taken to minimise risk to those participating in sport and those attending sporting events as spectators (where and when permissible).
15. The safety and well-being of the Australian community will be the priority in any further and specific decisions about the resumption of sport, which will be considered by the COVID-19 Sports and Health Committee.