

GVVA

Greater Victoria Velodrome Association



Update June 19, 2020

Return to Play Plan

As the BC government starts to look at easing some of the measures put in place to limit the spread of the COVID-19 virus, the GVVA in alignment with Cycling BC, is committed to a plan to return to track cycling.

This document outlines the policies and guidelines for returning to the velodrome. The guidelines adhere to and follow the overarching general guidelines proposed by Cycling BC and will be adapted to align to specific guidelines defined by BC's public health officer or the province of British Columbia.

The GVVA is excited to be able to return to the velodrome in 2020, but we recognize the importance of adhering to safe practices and commit to providing clear guidance to our members as they return to track cycling.

- Brad Head, President.

TL;DR

- Maintain 2m safe distance on or off the bicycle
 - o Suggested safe distance is 1-meter wheel-to-wheel when 'drafting'
- Do not attend if you have symptoms or anyone in your household has symptoms
- Do not share equipment
- Wash hands frequently
- Limit touching your face
- Don't touch items/things unless you have to
- Sign in is mandatory at each event, even if you're not planning to ride
- As a rider you must accept the "COVID-19 Declaration" available through Cycling BC before being permitted to ride.

General Guidelines

GVVA will follow the general Guidelines as defined by Cycling BC's Return to Play/Sport Plan.

- In addition, GVVA policies and guidelines will adhere to the guidelines set forth by the BC Health Authorities.
- No GVVA member shall attend the track, for any reason if they exhibit any cold or flu-like symptoms or their family members exhibit symptoms.
- Physical distancing of at least 2 meters must be adhered to at all times.
- Members must announce themselves to the track monitor and must sign in even if they are not planning to ride on the track, but only spectate or participate in coaching.
- All riders must partake in enhanced hygiene. Each track attendee must clean their hands properly prior to attending the velodrome facilities and must avoid touching their face and must appropriately cover themselves during a cough or sneeze.
- While on the velodrome, riders will draft no closer than 2m behind any rider and must remain 2 meters from any other rider on the track.
- Youth participants will require parental consent and must be provided to the track monitor/coach on a per-session basis.
- When not on the track, riders must remain at a safe distance from others – at minimum 2 meters.

- All attendees of a track session must be recorded in a registrar by the track monitor or coach. No exceptions.
- The track railing where riders roll out from near the start/finish line must be cleaned before and after a track session.
- The track gate handles and bars must be cleaned both before and after a track session.
- The door handles on the club house must be wiped clean prior to and after the track session.
- All riders (or their parent or guardian) will be required to complete a COVID-19 Declaration online through CCN (Cycling BC licensing app.). The COVID-19 Declaration, once made, will apply to participation in all future events. Cycling BC will email all members with this information and CCN will ensure that club leadership can link to the member look-up to ensure that participants have completed the form. **All riders MUST complete the COVID-19 Declaration. Until you complete the declaration, you will not be allowed to join a GVVA session.**
- All riders must be pre-registered for the session. Registration will be through the app "Spond" which can be downloaded from the Google and Apple stores. An invitation to Spond will come from the GVVA executive.
- Riders must be registered before their session.
- Riders who cannot attend a ride are encouraged to cancel their space in the session as early as possible to allow another member from the waitlist to be added to the session.
- Riders will receive the week's rides on the preceding Saturday at 12 noon and will have until Sunday at 5 pm to register for the rides. If they need to cancel, they must do so through Spond as soon as possible to open up the space for another rider.
- Up to three groups permitted at the track, with one at a time on the track.
- Training Venues & Facilities Reference facility maximum capacity (WorkSafe BC) Personal
 - Protective Equipment (PPE) must be available at any facility to be worn by coach/safety monitor in case of injury and hands-on assistance is needed.
 - Clubs and/or unattached coaches should ensure that facilities have set schedules that allow for sports to meet municipal and provincial mandates for physical distancing and proper hygiene. (i.e. coordination between sports and other athletic clubs.)
 - Clubs and/or unattached coaches should ensure that facilities have posted appropriate signage outside entrance to the facility briefly outlining the physical distancing guidelines in place.

- Clubs and/or unattached coaches should ensure that there is public notification of the training venue - signage posting of practice/group times when athletes will be training.

Equipment (Personal or Rental/Club)

- Personal Equipment, including but not limited to bicycle, helmet, shoes, gloves, water bottles, pursuit bars, pump, and tools will be for the exclusive use of the rider. No rider or member shall share their equipment with others.
- All riders must have a personal container of hand sanitizer and use it before touching anything at the track and upon leaving the track.
- Rental or club equipment must only be handled by designated track monitors, coaches or assigned mechanics when preparing the equipment for use. This includes but is not limited to club bikes, wheels, cogs, chainrings, tires, tubes, tools and pumps.
- The track official (monitor, coach or mechanic) will prepare club bikes both before and after a session by ensuring they are mechanically ready for use as well as tire pressures set and must be cleaned prior to use.
- Once assigned, no other rider or member is permitted to touch or use another rider's designated bike or equipment for the duration of the session.
- Members or riders providing their own equipment must be self-sufficient. They must not borrow anyone's equipment to maintain their own bicycle or other equipment.

Track Activities

- For any given track session scheduled, the maximum number of riders will be set at 3 groups of 10, with a maximum of 10 at a time on the track, plus up to 3 coaches.
- Riders must maintain safe distance as per the general guidelines.
- When exiting or entering the track riders must exercise extra caution to remain at a safe distance of 2 meters from another rider.

- If timed event starting gates are used, they must be wiped clean prior to use and between rider usage.
 - From CBC Track guidelines (p 22):
“Group size: 10 per training group (8 athletes, 2 coaches). Number of riders on the track limited based on track size and ability to maintain physical distancing at 2 metres. Limited to skill development and individual training Physical distance to be maintained unless rider safety is in jeopardy. Infield of track is arranged so that riders not using the track have their own space, ensuring physical distance between efforts. No sharing of equipment. Rental bikes to be used by only one athlete per session, enhanced cleaning protocol before and after use. Required signage in spectator areas and parking lots reminding participants of physical distancing requirements. Any track gates, rails, and touch points to be cleaned regularly by facility staff”
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Competition Limitations

Competitive events will be limited to timed events only, consisting of any of the following:

1. Flying 200m or Flying Lap
2. 500m time trial
3. 1000m time trial
4. Individual Pursuit

*Cycling BC guidelines have removed “single file only” and “no drafting”, but the GVA will be starting with solo efforts and progressing slowly toward closer riding as conditions in the province evolve.

Notice

- The GVA Board is committed to ensuring that these guidelines and policies are known to their members.
- The board will display these policies and guidelines at the Velodrome, with clear signage reminding riders and track attendees of safe-distancing and cleanliness.
- The GVA web site will be updated to document these guidelines and request acknowledgement of these as part of membership for 2020.

Outbreak Action Plan

The Purpose of the “Outbreak Action Plan” is to aid in the contact tracing of those individuals who may have come into direct or indirect contact with an infected individual. It is the responsibility of the entire cycling community to ensure we are keeping accurate records of those individuals for whom you are coming into contact with to help keep us all safe.

- All athletes & coaches attending training sessions must be active members of their club and/or Cycling BC with current and up-to-date contact information on file with either the club or personal coach.
- Club members should contact their club registrars; Unattached members should login to CCN to ensure that contact information is up-to-date and accurate.
- Clubs and unattached coaches are asked to keep record of the date of each activity held, along with a listing of all athletes who attended the session. Unattached members are asked to keep record of the individuals they are training with.
- Any individual experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath) must inform their coaches or club personnel (via phone, text, or email) immediately.
- Any individual who has been told to self-isolate due to having come in contact with someone with symptoms of COVID-19 are not permitted to attend an organized activity and must inform their coach or club personnel (via phone, text, or email) immediately.
- If the affected individual had contact with any other athletes or coaches in the past 14 days, the coach or club personnel should inform other potentially affected individuals (taking care to keep the affected athlete’s identity and medical information private) and ask those who have any symptoms to self-isolate at home.
- If a club or unattached coach has a member diagnosed with COVID-19 all in-person training must be discontinued for a period of 14 days.

Pg 15 <https://cyclingbc.net/wp-content/uploads/2020/06/Cycling-BC-Return-to-Sport-Guidelines-060420-compressed.pdf>

Season Plan

At this time, the GVVA board is planning to open general membership by late June 2020, offering the following:

1. General membership
2. Drop-in open track time on a first-come; first serve basis
3. 3 Youth FastTrack monthly programs for June, July and August with one session per week
Monday 4:30-6:00 for "FastTrack" for younger and newer riders, and Thursday 4:30-6:00 for
FasterTrack for older and more experienced riders.
4. Adult coached session offered on a monthly basis, with cap at 30 riders per session, 10 on the
track at a time, plus 1-2 coaches.
5. Limited competition – TBA