

# GVVA

## Greater Victoria Velodrome Association



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## Return to Play Guidelines 2021

April 4, 2021, v1.2

As the BC government provides the most recently updated guidance on March 14, 2021, the GVVA in alignment with Cycling BC, is committed to providing the following guidelines allowing track cycling in 2021.

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 2021, 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.

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## General Guidelines

**GVVA will follow the general Guidelines as defined by Cycling BC's Return to Play Guidelines (<https://cyclingbc.net/returntoplay/>).**

- GVVA policies and guidelines will adhere to the guidelines set forth by the BC Provincial Health Orders.
- No GVVA member shall attend the track, for any reason, if they exhibit any cold or flu-like symptoms or their family members exhibit such symptoms.
- Vulnerable members, such as those with asthma, must exercise caution and attend the track at their discretion and follow the advice of their health professionals.
- Physical distancing of at least three (3) metres must be maintained to at all times while cycling on the track.
- Group activities not directly related to training, such as social events or group photos is not permitted.
- Activities to groups of 10 (with 2 coaches and 8 participants). If total attendees including coaches exceed these limits, then participants must be divided into smaller groups and remain separated from each other at all times.
  - The RULE OF TWO is in effect (so at least 2 trained/certified and screened coaches at each session)
  - We also recommend a ratio of 1:6 coach/athlete ratio when conducting practice.
- 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 participate in coaching.
- We encourage all participants to wear a mask when not training, even when outdoors.
- Masks are mandatory when entering any facility, including the bike locker.
- When not on the track, riders must remain at a safe distance from others – at minimum 2 metres.
- All attendees of a track session must be recorded in a registrar by the track monitor or coach. No exceptions.
- No spectators are permitted, unless necessary to provide care to a participant, such as for first aid.

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## 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.
  - When using Rental or club riders must ensure they have sanitized their hands prior to handling. This includes but is not limited to club bikes, wheels, cogs, chainrings, tires, tubes, tools and pumps.
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## Track Activities

- For any given adult track session scheduled, the maximum number of riders will be set at ten (10). This includes coaches. Given the size of the velodrome, it is possible to arrange several groups of up to 10 riders provided each group maintain safe distancing from another whether on the track or off. The total number of riders for all groups must not exceed 50 people, but we recommend not exceeding 30 riders split into three groups.
  - 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 metres from another rider.
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## Competition Limitations

Group competitions are not permitted. This includes but is not limited to Scratch, Match Sprint, Team Sprint, Elimination, Tempo, Win-and-Out, Madison, Points and Keirin racing. 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

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## Notice

- The GVVA Board is committed to ensuring that these guidelines and policies are known to their members.
  - The GVVA web site will be updated to document these guidelines and request acknowledgement of these as part of membership for 2021.
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## Season Plan 2021

At this time, the GVVA board is planning to open general membership by the beginning of April 2021, offering the following:

1. General membership
2. Track-Pass memberships with adult coached sessions held Mondays and open track sessions held Wednesday and Sunday.
3. Learn to Ride Clinics for first-time track cyclists, limited to 6 participants per session with one coach.
4. FastTrack and FasterTrack youth coaching weekly sessions, with up to 18 youth participants per session over two groups following the guidelines above with a 1:6 ratio of athlete to coach.
5. Session attendance for open track time on a first-come; first serve basis for members
6. Adult coached session offered on a monthly basis, with cap at 10 riders per group per session with a maximum of 3 groups.
7. Limited competition with TrackChallenge and TrackFest 1 & 2 scheduled weekend events but limited to timed-events only and subject to any further return to sport recommendations set forth.