

CCCTS COVID-19 National Safety Plan

Goals

The goals of the CCCTS National Safety Plan are to protect our members and communities, to do our part in the collective effort

to slow the spread of COVID-19, and to adhere to the recommendations and restrictions of the jurisdictions we cycle in. These

guidelines are for the benefit of Chapter group rides and Chapters may provide supplementary conditions.

The plan is based on information from numerous sources (see resource page) and as of date shown below. The plan is subject

to revisions as recommendations and restrictions change.

Personal Responsibility

Each CCCTS member planning to engage in a group activity is expected to evaluate their health and state of mind prior to the

start of the activity. Only ride if you are healthy, take extra care and pay attention to your surroundings.

General Guidelines

If you have any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath), you

should NOT participate in a ride. If these symptoms begin during an organized ride, you must leave immediately and

contact your local public health office for recommendations.

All cyclists must practice recommended safe distancing by keeping a minimum of 2 meters apart on and off the bike. Each

cyclist can choose to be further than 2 meters away from the cyclist in front of them. Respect each other's choice.

Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.

Do not touch your face, eyes, nose, or mouth with unwashed hands.

Be self-sufficient on the bike – leave prepared for nutrition, hydration and mechanicals. Bring your own hand sanitizer.

Do not share equipment, food, drinks, water bottles, etc.

Do not shake hands, hug, or high-five to celebrate.

June 11, 2020

Ride Leader Guidelines

Ride meeting place must be large enough to allow for all cyclists to be 2 meters apart.

Group size should not exceed 6 people.

If the group is larger than 6, departure times should be staggered, and riders encouraged to arrive as close to ride start

time as possible to limit congregating.

Plan coffee stops and lunch breaks in places that provide enough space to practice safe distancing. Outdoor areas are

preferable.

No end-of ride gatherings unless it is possible to maintain safe distancing.

Club Waiver

Prior to resumption of participation in club activities, CCCTS members must sign the updated waiver and agree to abide by the

guidelines as outlined in this safety plan. Check the website for further instructions.

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COVID-19 Resources

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html?utm_campaign=gc-hc-

[sc-coronavirus2021-ao-2021-0005-10020125402&utm_medium=search&utm_source=google-ads-107800103024&utm_content=text-en-](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html?utm_campaign=gc-hc-sc-coronavirus2021-ao-2021-0005-10020125402&utm_medium=search&utm_source=google-ads-107800103024&utm_content=text-en-)

[434525470062&utm_term=%2Bcovid](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html?utm_campaign=gc-hc-sc-coronavirus2021-ao-2021-0005-10020125402&utm_medium=search&utm_source=google-ads-107800103024&utm_content=text-en-434525470062&utm_term=%2Bcovid)

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/physical-distancing>

<https://www.viasport.ca/return-sport>

<https://cyclingbc.net/news/2020/06/04/cycling-bc-releases-return-to-play-guidelines/>

“How Close is Too Close? – Running and Biking During COVID-19”

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Outbreak Action Plan for Hub & Spoke Events and Multi-Day Tours

The purpose of the Outbreak Action Plan is to limit the spread of infection if an individual becomes ill during a Hub& Spoke event or on a Tour.

- All participants in club activities must be active members of CCCTS with current and up-to-date contact information on file. Hub & Spoke and Tour leaders will carry this information with them for the duration of the event.
- Any individual experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath) must inform their ride leader immediately and begin self-isolating.
- The Ride Leader will call a meeting of the group to inform them of the situation. The board president will also be notified.

- The individual experiencing symptoms will continue to self-isolate until arrangements can be made for him/her to return home.

- Other group members who may have come into direct or indirect contact with the sick individual will be asked to monitor themselves for symptoms and to report to the event leader immediately if they begin experiencing symptoms.

- The Ride Leader(s) will comply with all government health directives regarding contact tracing.

- The CCCTS board of directors, in consultation with provincial health authorities, will determine if it is safe to continue the Hub & Spoke or Tour.

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