



MANITOBA CYCLING ASSOCIATION

Physical Distancing - Group Ride Recommendations

May 29, 2020

The following is a tool to assist clubs with the implementation of risk mitigation measures. This list is not exhaustive. Clubs are encouraged to find adaptive ways to mitigate risk within your setting and activities that align with public health advice.

Core principles to follow before organizing a cycling activity, as defined by Cycling Canada in collaboration with provincial and territorial affiliates:

- The activity must follow the social distancing measures and recommendations in effect by the federal as well as the relevant provincial/local government authorities
- Modify your activities to limit or eliminate contact between participants to the extent possible
- Limit your activities to small groups
- Limit all occasions for congregation of parents or athletes/participants in parking lot or gathering areas within the parameters of physical distancing.
- Avoid the use of communal or shared equipment.
- Ask each participant to bring hand sanitizer and regularly remind them to wash their hands
- Educate coaches to recognize the symptoms of COVID-19
- Ask participants under the age of 18 for consent from a parent/guardian
[Youth Waiver \(Parent Consent form\)](#)

Group Rides during COVID-19:

- Solo rides are safer than group rides
- Due to the 2 metre physical distancing requirement, smaller groups (i.e: <10) may be more manageable than the 50 person max allowed for general outdoor activities currently in the province.
- Large group rides with people that you don't know are not recommended at this time



How Do We Make Training/Small Group Rides Safer?

- All riders should be symptom free for 14 days
- Symptoms = fever, chill, fatigue, cough, URI symptoms, body aches, loss of smell and/or taste
- If you feel any of these symptoms, stay home!

Ask participants if they have symptoms of COVID-19. Use [Manitoba's online screening tool](#) before the start of the activity, and direct individuals who are ill or have symptoms of COVID-19 to not participate or spectate.

HOW? Each rider has 2 responsibilities

1. Assume that you have the virus and don't spread it to the other riders:

- Mask: consider wearing a cloth mask to prevent droplet spread
 - This is not intended to filter the air, just contain droplets
 - Bring a spare mask
- Reduce droplets: if you have to sneeze, cough, blow your nose, etc. drop back and ensure that no one is in your slip stream.
 - Distance: ride at least 2metre from other riders.

For more information on non-medical masks please review please review the [Risk Assessment and Mitigation Tool for Recreational Activities in Manitoba](#) (page 6 & 7).

2. Assume that other riders have the virus and don't catch it from them:

- Mask: to prevent you from touching your mouth, nose, face or eyes
 - Not intended to filter the air.
- No contact: no passing of water bottles, food, etc.
- Clean your hands before eating, touching your face, etc.
 - Hand sanitizer is very effective and easily transported.
- Clean equipment after the ride.
 - Disinfectant wipes, soap and water, 70% isopropyl alcohol all work

General Outdoor Activity Risk Assessment

Consider the following when planning activities:

- Do participants interact with many other people while using the indoor/outdoor space or during the activity? A higher number of interactions with others carries greater risk.
- Do participants interact closely (two metres/six feet) with others while in the indoor/outdoor space or during the activity? Closer interactions carry greater risk than interactions at a distance.
- Do participants have prolonged close interactions with others while in the indoor/ outdoor space or during the activity? Prolonged contact is defined as lasting for more than 10minutes of time being less than two metres away, and may be cumulative (i.e., over multiple interactions). Evidence indicates that person-to-person spread is more likely with prolonged contact.
- Is the indoor/outdoor space or recreational activity crowded (e.g., high density of people) on a regular basis? A crowded setting is presumed to have greater risk.
- Do any interactions occur in enclosed/cramped indoor spaces (e.g., use of restrooms, use of dressing rooms for changing for activity or sport)? Being in a confined indoor space carries a greater risk.
- Can you maintain lists of participants for 21 days to ensure appropriate public health follow-up can take place if a participant be exposed to COVID-19 during these activities?
- Are participants able to follow hygiene practices such as washing hands frequently, respiratory etiquette (coughing into one's arm/sleeve), and identifying when they are feeling ill and staying home?
- Ensure participants bring everything they need in case of a mechanical.
- Each club is responsible for having their own emergency actions plans in place, including but not limited to knowing who is participating in your ride or activity, having a charged cell phone, knowing where the closest hospital is on your planned route. More information on general ride risk management can be found at <https://cyclinginsurance.ca/risk-management/>

Risk Mitigation

To prevent or limit the spread of COVID-19 during recreational activities, consider the following risk mitigation principles and measures.

- Promote personal health practices, including frequent hand hygiene, avoidance of touching the face, and proper respiratory etiquette
- All clothing, uniforms and gear should be washed/cleaned/disinfected between each use. Avoid sharing clothing and equipment between participant.
- Encourage participants to frequently clean and disinfect commonly touched surfaces.
- Promote physical distancing (keeping a distance of two metres/six feet from others), which is one of the most effective ways to reduce the spread of illness.
- Consider modifying the activity to reduce contact risk .Focus on aspects of your activity or sport in which it is possible to maintain physical distancing (e.g. individual skill building).
- Wash or sanitize hands before and following the activity.

- Require that each participant consumes only their own water and food (this may mean bringing multiple water bottles and hydrating before the activity).
- Consider smaller participant groups and stagger them, if possible, to decrease the opportunity for close contact.
- Engage other members on the ride to monitor physical distancing between participants. Monitors can remind individuals to maintain their distance
- Clean and disinfect equipment after each use.
- In the event that a participant requires first aid, consider having a family member attend to the injured. If not possible, the first aider should use appropriate personal protective equipment, including medical mask and gloves.

Although this list is meant to assist clubs and minimize the risk for participants, it is important to note that COVID-19 is an unprecedented situation. This tool is based on concepts outlined in the guidance for non-contact and physical distancing developed for community-based measures. For more information please review [Risk Assessment and Mitigation Tool for Recreational Activities in Manitoba](#). Guidance reflects the currently available scientific evidence and expert opinion and is subject to change as new information becomes available.

[MCA's Adult Club Ride Protocol](#)

[Covid-19 Insurance exception](#)