



**MANITOBA
CYCLING
ASSOCIATION**

“Return to Play” DURING COVID-19

MCA CLUB RIDES

Manitoba Cycling is prepared to meet and exceed current Public Health regulations through the following Recommended Best Practices as outlined below. Additional actions will be addressed as mandated.

The Manitoba Cycling in collaboration with Cycling Canada has identified shared core principles to follow before organizing a cycling activity. The intent of this document is to provide a protocol and guideline for the return of Adult Club rides in alignment with the recommendations of the federal and provincial health authorities.

Each club needs to determine if they are comfortable leading a ride given the current restrictions that are in place. Extra due diligence, preparation, communication, and ride management will be required to meet Government legislation and Health and safety measures to ensure the safety of everyone involved.

Club Rides:

An MCA sanctioned Club ride is a formally organized ride by the CLUB as described on the CLUB’s website. Club rides must be sanctioned in advance by the Manitoba Cycling Association. Club members, and any permitted visiting riders, share the responsibility for making CLUB rides as safe as possible and are required to have a risk management plan in place to reduce all risks associated with club activities. More information on general club risk management can be found here: [\(Here\)](#)

- **Insurance Coverage:** [\(Here\)](#)
- **Coronavirus Absolute Exclusion:** [\(Here\)](#)

Prior to organizing and/or participating in a Ride

- Keep up to date with the recommendations of health authorities.
- Ensure you check for any restrictions that may be in place for the area you plan to ride (i.e.: Parks). Respect all trail closures.
- Ensure you have an Emergency Action plan in place. You are aware of the nearest hospital and have a charged cell phone in case of emergency.
- Bring everything you need in case of a mechanical (i.e.: spare tube, tire levers, patch kit, multi-tool, cell phone, cash and card, a chain tool and quick link).
- Members are responsible for ensuring that their bicycle is in good working order before attending each ride.
- **If you are showing any symptoms of COVID-19, stay home.**

Communication

- Educate Ride Leaders to recognize the symptoms of COVID-19 in each other and participants.
- Establish a communication plan to keep Ride Leaders informed and updated on issues.
- Train Ride Leaders on proper hand washing and sneezing/coughing practices and have them sign off on the training document for assurance they understand the importance of implementing these practices.
- All ride registration (Memberships, waivers, etc.) to be completed online rather than in person before arriving at the start of the ride.
- Participants under the age of 18 must present a written consent from a parent/guardian. For training and club rides, parents can scan a signed waiver to their ride coordinator in advance.
- Ride protocols must be communicated with riders before the ride through email to ensure riders are aware of expectations before arriving at the ride.

Parking (arriving & departing)

- Practice physical distancing by staying a minimum of two (2) meters away from other people at all times
- Require all cars to park at least one car apart, rather than next to each other (one empty parking stall between each car).
- Limit all occasions for congregation of parents or athletes/participants in parking lot or gathering areas.
- Arrange so that no more than 10 participants (including coaches) show up to the start of a training ride at one time.
- Request participants to arrive only 15 minutes ahead of their ride time to ensure a limited number of people are waiting to ride.
- Participants may only drive to a ride with members that they are living with. Do not carpool with other members.
- Parents must wait in their cars if waiting for their child to start or finish their ride.

Ride Setup & Briefing

- The activity must follow the social distancing measures and recommendations in effect by the federal as well as the Manitoba provincial government authorities.
- Stagger the start of multiple group rides by 30mins to minimize overlap of participants finishing with those arriving to start their ride.
- No more than 10 people may ride together as a single group, including ride leaders.
- Ride briefing will take place before the start of each ride, with each person separated by a minimum of 6 feet from other participants.
- Briefing to remind participants:
 - o Not to share any equipment, food or water with one another
 - o Maintain a riding distance of at least 6ft from the rider ahead of you
 - o Each rider is asked to carry hand sanitizer and regularly wash their hands
- Should a mechanical or crash happen, only the ride leaders may interact with the participant needing assistance (see below).

Riding Together

- Practice physical distancing by staying a minimum of two (2) meters away from other people at all times.

Club Rides – Road

- Passing is only allowed when safe to do so following the 2m rule.
- A max of 10 people in a group including the rider leader (please take into account the distance between riders and how far the group would be spread out). Smaller groups of 5 may be more manageable.
- No spitting, coughing.

Club Rides- Mountain Bike

- No passing on single track
- When meeting another rider coming in the opposite direction group, you must move off the trail to allow the other ride to pass.
- Ride behind riders of higher ability, to help minimize congestion of the trails.
- do not take risks.



Injury or Mechanical

- Any mechanical may only be worked on by one of two people, either the participant or the ride leader.
- If bike is to be serviced by a ride leader, it must be wiped down before and after with a sanitizing wipe.
- All persons must use hand sanitizer before & after.
- All ride leaders must carry PPE equipment (gloves, mask, first aid kit, sanitizer) with them during rides to be prepared for any potential injury situation.
- If there is an injury, the person providing medical aid must put on PPE before assisting the injured participant.

After Your Ride / When you get home from the ride

- Use Hand Sanitizer before you pack up & touch your other belongings or your car.
- Wash up when you get home.
- Clean and disinfect frequently touched objects and surfaces (Bicycle handlebars, brake levers and gear shifters).

NOTE: As the guidelines provided by the Health Authorities change, the protocols required for club rides and training may need to be adjusted.

If you have questions or need clarification, please contact the MCA office at 204-925-5686

STAY SAFE