



**MANITOBA
CYCLING
ASSOCIATION**

“Return to Play” DURING COVID-19

MCA ADULT CLUB RIDES

Updated: June 05/20

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:** [\(Here\)](#)

GUIDANCE FOR CLUBS DURING COVID-19

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 believe you may be showing any symptoms of COVID-19 use [Manitoba's online screening tool](#)

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.
- All ride registration (Memberships, waivers, etc.) should be completed online rather than in person before arriving at the start of the ride.
- Ask participants under the age of 18 for consent from a parent/guardian: [Youth Waiver \(Parent Consent form\)](#).
- Communicate ride protocols 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
- Recommend cars to park at least one car apart, rather than next to each other (one empty parking stall between each car) when possible.
- Reduce occasions for congregation of parents or athletes/participants in parking lot or gathering areas.
- Consider having participants arrive only 15 minutes ahead of their ride time to ensure a limited number of people are waiting to ride.
- Recommend that participants may only drive to a ride with members that they are living with. Avoid carpooling with other members.
- As of May 21/20, the provincial government has advised that groups of up to 50 may meet outdoors, however the 2metre distancing requirements are still in effect. Please determine as a club the group size that will be most manageable given these restrictions and the type of club activity you are planning.

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.
- Recommend staggering the start of multiple group rides by 30mins to minimize overlap of participants finishing with those arriving to start their ride.
- Recommend a ride briefing to remind participants:
 - o Avoid sharing equipment, food or water with one another
 - o Maintain a riding distance of at least 2M or 6ft from the rider ahead of you
 - o Regularly sanitize hands
- Should a mechanical or crash happen, we recommend that only the ride leaders interact with the participant needing assistance (see below).
- As of May 21/20, the outdoor group size has increased from 10 to 50, however the 2metre physical distancing requirement is still in effect. We recommend you break up your group into smaller sizes (10 or less) to manage your rides and activities effectively.

Riding Together

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

Club Rides – Road

- Passing when safe to do so following the 2m rule.
- A max of 50 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 5-10 may be optimal and manageable.

Club Rides- Mountain Bike

- Avoid passing on single track
- When meeting another rider coming in the opposite direction group, please move off the trail to allow the other ride to pass.
- Recommended riding behind riders of higher ability, to help minimize congestion of the trails.
- do not take risks.



Injury or Mechanical

- We recommend that mechanical issues be worked on by either the participant or the ride leader.
- If bike is to be serviced by a ride leader, wipe down before and after with a sanitizing wipe.
- Use hand sanitizer before & after.
- Consider carrying PPE supplies (gloves, mask, first aid kit, sanitizer) during rides to be prepared for any potential injury situation that might require assistance.
- If there is an injury, we recommend that the person providing medical aid put on PPE before assisting the injured participant.
- If close encounters are necessary, it is recommended that you to try and limit your time with another individual to 10 mins.

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 – HAVE FUN!