

Dear Participant,

During this unprecedented time, we are all looking for ways to connect and return to recreation and competition. The health and safety of our participants and neighbours is the foundation of our plan for this summer's Cycling for Seafarers. We are taking our cues from Dr. Bonnie Henry as we resume cycling with trusted friends.

At the heart of this plan is adherence to self-assessment, hand hygiene, physical distancing, group size and a solid plan to respond to any outbreak of COVID-19.

Enjoy the ride.

Phase 2 (mid-May onwards) of the BC Government's Restart Plan allows for a limited return to recreation and sport activities, including those sanctioned by Provincial Sport Organizations. viaSport, Cycling BC's organizational link to government, has been clear that the primary focus in Phase 2 will be geared towards community participation and training rather than competition. Using viaSport's general sport sector guidelines reviewed by the Provincial Health Office and Worksafe BC, the Cycling BC Return to Sport plan addresses a return to play with limited group sizes, physical distancing, minor modifications to activities as needed, reduced touch points, and a focus on skill development.

OVERVIEW BC'S RESTART PLAN

This document has been prepared by Cycling BC with input from our board, clubs, Cycling Canada, and viaSport. The purpose of this document is to provide guidance to our members for a safe return to activities with strategies for mitigating the spread of COVID-19 and helping us all get back to what we love to do, riding bikes! During this pandemic, public health measures are constantly being re-evaluated and thus the information contained in this plan may be updated, revised, or withdrawn in light of any new information released by government health authorities. The Mission to Seafarers' Cycling for Seafarers Fundraising program fully embraces these guidelines.

Risk Mitigation:

The Mission to Seafarer's liability insurance does not cover claims relating to communicable diseases or pandemics and Directors and Officers insurance now includes specific pandemic exclusions. As in all areas of life right now, participation in organized activities carries with it some personal risk. All participants in the Cycling for Seafarers fundraiser will be required to follow the guidelines set out by the by the Provincial Health Officer. We expect that participants will stay home if they are ill.

Cycling BC will continue to take our cues from the Provincial Health Authority and the provincial government. The ongoing implementation of the Return to Sport Plan will be monitored and updated as necessary when circumstances or provincial guidance change. B.C. health officials outline that the risk of transmission is subject to two variables that we need to modify to reduce transmission risk:

- Contact intensity – how close you are to someone and for how long
- Number of contacts – how many people are in the same setting at the same time

Modifying from high to low can be based on a range of controls. Different actions have differing levels of protection and whenever possible we should use the action that offers the most protection. The following are listed from highest level of protection to lowest.

- Physical distancing measures – to reduce density of people (number and duration of contacts)
- Engineering controls – physical barriers, increased ventilation, traffic flow

- Administrative controls – rules and guidelines
- Non-medical masks and other PPE

Cycling is a multi-disciplinary sport that most participants participate freely outdoors without the need for a specialized venue. The provincial health authority has stated that outdoor activities are lower risk as compared to indoor activities and low contact sports are also a lower risk than contact sports. All cyclists and guardians are expected to adhere to the Provincial Health Officer's (PHO) orders and guidelines with respect to COVID-19.

For more information visit, <http://covid-19.bccdc.ca/>

GENERAL GUIDELINES

- Each person planning to engage in cycling in public is expected to evaluate their health and state of mind prior to departing. In this time of uncertainty, distractions can contribute to accidents. Only ride if you are healthy and take extra care; pay attention to your surroundings.
- If you have any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath), you should NOT participate in sport. If these symptoms begin during an organized cycling activity, you must leave immediately and contact local public health office for recommendations. You must also inform your club and/or personal coach.
- In addition, the following individuals should not participate in organized cycling activities:
 - Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy as per the BC Ministry of Health (www.gov.bc.ca).
 - Any person who has been told to self-isolate.
 - Any person who lives in a home with or has been in close contact with someone with symptoms of COVID-19.
 - Any person who has arrived in British Columbia from outside of Canada within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.
- All participants must practice recommended social/physical distancing by keeping two meters (six feet) away from one another at all times.
- Do not touch your face, eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Practice enhanced hygiene, including regular cleaning of equipment.
- Be self-sufficient on the bike – leave prepared for nutrition, hydration and mechanicals.
- Do not share equipment, food, drinks, utensils, water bottles, etc.
- Do not shake hands, embrace or high-five to celebrate.
- Do not loiter before or after organized activities.
- Group size – limited to BC Health Authority recommendations and dependent on the discipline and the activity. Please refer to discipline specific guidelines.
- First-aid kits should have extra PPE (gloves, hand sanitizer, disinfectant wipes, masks), if appropriate.
- Participation in this fundraiser will require pre-registration.
- Participants should have their own hand sanitizer.
- Ride meeting place must be big enough to allow for all participants to be 2 metres apart.

- Recommend that riders stop to feed or ensure that there is expanded distance while feeding.
- In situations where riders must stop to provide assistance, it is recommended that they follow provincial health standards for close personal interaction.
- Total size of gatherings, inclusive of all cyclists and parents, to be limited by the Provincial Health Officer.
- The space available at any facility will also determine the size of the group allowed at one time.
- Participants should be informed on hygiene and sanitation and its impact of preventing the spread of communicable diseases according to the Provincial Health Officer's recommendations.
- If applicable, rental bikes must be cleaned and disinfected after each use.

Have a safe cycling summer.

Signed