

Meraloma Bike Club



COVID-19 Safety Plan

Purpose

The primary objective of the bike club *COVID-19 Safety Plan* is to ensure safe group cycling for all of its members.

The COVID-19 Safety Plan will describe the key controls to prevent possible exposure to and transmission of COVID-19 and enable *Meraloma Bike Club* members to participate in safe club sanctioned rides in accordance with the orders set out by the provincial Public Health Officer (PHO), Dr. Bonnie Henry, and guidance provided by the BC Centre of Disease Control (BCCDC), ViaSport, and Cycling BC.

Physical Distancing Measures

- Club rides start in an open outside space to allow for 3 metre spacing from other riders
- Safety talks will occur before each ride to reinforce safe riding and the “3 metre rule”
- Small groups/“bubbles” of riders (no more than 10 as per ViaSport and Cycling BC recommendations), with similar speed and ability, with a “lead rider” for each group, will roll out in a staggered start fashion (2-3 minute intervals) – faster groups to lead out first
- Riders are to maintain a 3 metre distance from each other during club rides
- Club meet-ups during a ride (i.e. stops/coffee breaks) are to maintain the “3 metre rule” between riders
- No handshaking or hugging
- Riders are to refrain from spitting and nose blowing
- Riders are to call out “on your left” if planning to pass another rider or group and are to pass **quickly** while maintaining as much distance as possible

Engineering Controls – barriers, ventilation

- Not practicable as group rides occur outside with natural ventilation

Administrative Controls – rules and guidelines

- Riders are required to be members of Cycling BC
- Cycling BC requires completion of a COVID-19 waiver as part of registration

- Infractions of the COVID-19 safety rules are to be reported to one of the Meraloma Bike Club Executive members
- Riders with colds or flu like symptoms or fever are not permitted to attend group rides
- Riders who feel unwell with flu like symptoms or fever during a ride are to alert the ride leader and leave the ride group and go home
- Remember your fellow club members may be especially vulnerable to COVID-19 due to factors such as age or an underlying medical condition. Your compliance with COVID-19 policies helps keep us all safe.
- Riders who are identified as contacts of COVID-19 positive cases are not permitted to attend group rides until such time the incubation stage of 14 days has passed and they are symptom free
- A contact list will be kept of all riders who attend group rides in the event COVID-19 contact tracing is required by public health
- Riders are not to share their bikes, snacks, or water bottles

Hand Hygiene & Personal Protective Equipment (PPE)

- Riders are to wash hands - before heading out on rides, during breaks (if possible), and on return home from a ride
- Riders are to pack and use a non-medical mask or face covering (i.e. buff) if cannot maintain physical distancing (i.e. fixing a flat, rendering first aid to another rider) or enters an indoor space (i.e. public washroom, café)
- Riders are to carry wipes or sanitizer and a pair of gloves in the event of handling another cyclist's bike (i.e. assisting with flats) or rendering first aid to another rider