



Meraloma Bike Club – Restart 2020

COVID19 Safety Plan

Purpose

The primary objective of the bike club *COVID19 Safety Plan* is to ensure return to safe group cycling for all of its members.

The COVID19 Safety Plan will describe the key controls to prevent possible exposure to and transmission of COVID19 and enable *Meraloma Bike Club* members to return to 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).

Physical Distancing Measures

- Gatherings of 50 or more riders are not permitted
- Club rides start in an open space to allow for 2 metre spacing from other riders
- Safety talks will occur before each ride to reinforce safe riding and the “2 metre rule”
- Small groups/“bubbles” of riders (6-10 max), 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
- Riders are to maintain a 2 metre distance from each other during club rides
- Club meet-ups during a ride (i.e. stop/coffee breaks) are to maintain the “2 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 the 2 metre rule if possible to do so

Engineering Controls – barriers, ventilation

- Not practicable as group rides occur outside with natural ventilation

Administrative Controls – rules and guidelines

- Riders (club members and guests) are required to be members of Cycling BC

- Riders (club members and guests) are required to sign a COVID19 waiver before attending their first club sanctioned ride
- Infractions of the bike club 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
- Riders over the age of 60 and those with underlying medical conditions (this is confidential information) are to use extra caution when out on group rides
- Riders who are identified as contacts of COVID19 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 COVID19 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 use non-medical masks or face coverings if cannot maintain physical distancing (i.e. fixing a flat, rendering first aid to another rider)
- 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