

## **Bloomfield Time Trials in association with VeloNB – Race Information**

Over the last few months we have been working with VeloNB regarding a Progressive Return to Cycling Activities. As a result of this we have submitted an Operational Plan to VeloNB regarding how we will operate the Time Trials in a safe format.

This document is here to provide information to participants regarding expectations at our Time Trials over the remainder of the summer. Please take a few moments to review the info below as it will have a significant impact on the success of the Time Trials.

### **Provisional Time Trial dates:**

Thursday 06 Aug, Thurs 20 Aug & Thurs 03 Sept

**Please note** – Garth Millar, Helena Millar, Daryl Steeves and Ellen Steeves are in a Bubble, therefore we are permitted to be less than 6 feet from each other.

### **Race Registrations**

- 1) All athletes must pre-register prior to race day through Webscorer
- 2) No cash transactions will be permitted, all payments must be made by e-transfer in advance of the event to garth39@fastmail.fm
- 3) No race day registrations will be accepted at the race venue.
- 4) At time of registration we will collect name, address, phone number and e-mail address of each athlete.
- 5) All participants must have a valid Velo NB Membership.
- 6) Velo NB is recommending that the TT's not exceed 50 persons on site. This includes participants, spectators, volunteers, organizers. TT's will be limited to 40 riders.
- 7) Anyone showing symptoms of Covid-19 must stay home.
- 8) Start times will be provided electronically where possible.

### **Pre-race Information**

- 1) A traditional mass in person race briefing will not take place. Any information we need to provide to the athlete will be communicated through various Facebook pages in the build up to the time trials.
- 2) The Race Director should ensure that all athletes, volunteers, officials, and others are aware of applicable health, medical, and safety information.
- 3) All athletes, volunteers, officials other persons planning to attend the race must indicate by e-mail or other written notification that they have received and are aware of this information and that they:
  - ✓ Do not have any COVID-19 symptoms.

- ✓ Have not been in contact with or cared for someone with COVID-19.
- ✓ Have respected provincial, national or international quarantine requirements for travel outside the province.
- 4) Athletes and volunteers and others may be asked by the race team if they have COVID-19 symptoms.

## **Race Venue**

All athletes and volunteers must report to the Event Registration Area for a mandatory temperature test and screening prior to entering the field of play.

- 1) All athletes, volunteers and officials will be temperature tested on arrival at the race venue and prior to entering the field of play.
- 2) All athletes and volunteers should be in good health & symptom-free prior to attending the race and on arrival at the race venue.
- 3) Athletes and volunteers should not be attending the race if they are showing signs and symptoms of illness
- 4) If a participant begins to exhibit any symptoms during the activity, they shall be isolated immediately (keep the person isolated until they are picked up to avoid contaminating others).
- 5) No facilities are available at the race venue in Bloomfield in terms of changing rooms – please come ready and dressed to race.
- 6) Any participant that is exhibiting any symptoms cannot participate, and will be asked to leave the race site.
- 7) No Washrooms are available.
- 8) We will provide garbage bags for riders to throw away their refuse, and clean as needed.
- 9) Athletes, volunteers and staff must answer 'NO' to the following questions prior to attending the race:
  - ✓ Do I have any of the symptoms: cough, shortness of breath, chest pain, difficult breathing, fever, chills, repeated shaking with chills, abnormal muscle pain, headache, sore throat, painful swallowing, runny nose, new loss of taste or smell, gastrointestinal illness?
  - ✓ Have I returned from a trip outside the country within the last 2 weeks?
  - ✓ Have I been in contact with or cared for someone with COVID-19?
  - Stay home when sick, even with mild symptoms
  - We will provide a designated table with hand sanitizer, wipes, paper towels which people can access all through race day.
  - We will have signage in place regarding respecting about physical distancing

## **Race Day**

- 1) Every person who will enter the field of play must report to the Event Registration area for a mandatory temperature test and screening. 2m distance markers will be provided on the ground. This test must take place before entering the field of play.
- 2) Race Director and event staff will be situated in a central location between the Start Line and Finish Line. This area will be marked off by pylons and athletes will not be allowed to enter this zone unless otherwise indicated.
- 3) While waiting in the start line masks must be worn. They can be removed as the countdown starts for each individual rider. Masks can be stored in the riders cycling jersey.
- 4) Start Line will be clearly marked on the ground. 6ft markers will be painted on the ground to indicate the physical distancing while riders wait to start. Only 3 riders will be allowed into this area at any one time while waiting to start. Other riders must circulate around the start line area maintaining social distancing.
- 5) Limit interactions between volunteers and participants, this may mean the elimination of handing out of number plates, etc.
- 6) Riders will be called into the start line in order of starting. Where possible we will start the fastest riders first to limit overtaking on the course.
- 7) The use of gloves, and glasses when possible, is recommended for all riders. In most cases, riders are actively discouraged from riding together with the risk of penalty or disqualification if they do.
- 8) Time trial holders will be eliminated and all riders should start with a foot on the ground.
- 9) Where possible we will provide posted start list sheets in very large font so no rider needs to touch the paper to confirm their start time. If possible we will electronically communicate start times to each rider.
- 10) Results will be posted on Facebook pages and online within 24hrs of the race.
- 11) Riders must wear face coverings pre and post competition.

## **Bike Route**

- 12) Bike course will be exactly the same as in previous years with no changes necessary.
- 13) If mechanical assistance is required the person in need of assistance must move to a safe distance while being helped, any shared touch points must be sanitized before and after.
- 14) Riders must not spit or blow their nose in the start area.
- 15) Avoid expelling or dispersing any bodily fluids (spitting, snot rocketing, etc)

## **Finish Line**

- 16) Athletes must not linger in groups at the finish line or at the conclusion of the race.
- 17) At the finish line each rider will ride through and shout their name out to the event timer to record their finish time.
- 18) Riders who finish will not be allowed to gather around the finish line area to check results – they will be advised to cool down after their ride and return to their vehicles.
- 19) Any volunteers in the finish line must wear masks.

- 20) Athletes must avoid lying or sitting down in the finish area (without any medical need) and to avoid high 5's, hugging or any physical contact. Athletes will be asked to move away from the finish line area as soon as they have successfully completed their race.
- 21) Organizers should remind participants to follow social distancing even after attending the activity. All possible attempts should be made to limit pre and post event activities.
- 22) Cheering and yelling is strongly discouraged at this time as it presents a high risk of spreading droplets.
- 23) After race celebrations such as high-fives and hugs should be discouraged
- 24) As soon as the rider has completed the race they should place the mask back on their face.

## **Spectators**

- 1) All attempts should be made in order to limit the number of additional persons accompanying a racer in order to avoid an abundance of unnecessary individuals at the race site.
- 2) Spectators are strongly encouraged to wear masks
- 3) Spectators are expected to maintain a distance of two-metres, exceptions can be made for those who are from the same household

## **Personal awareness for athletes, organizers and volunteers.**

Every individual has a personal responsibility to help prevent the spread of Covid-19.

- 1) Athletes must keep physical distance even in groups. Always maintain 2 metres between all individuals before, during and after the race.
- 2) Activities that could contribute to the spread of COVID-19 such as handshakes and hugs are to be avoided. Instead use a wave.
- 3) Athletes should shower at home before coming to the venue and wear their racing attire under their street clothes to arrive at the venue.
- 4) Changing rooms will not be available.
- 5) Athletes should prepare to race with zero access facilities (bathrooms, change-rooms or equipment rooms)
- 6) Race Directors / Volunteers are required to use masks as an additional measure to protect athletes when physical distance is difficult or impossible to maintain, even if they do not show any symptoms of COVID-19.
- 7) Participants must respect all requirements and guidelines established by the Race Director.
- 8) Masks - Mandatory for all volunteers, officials, staff.
- 9) Masks - Mandatory for athletes in all non-competition activities.
- 10) Car pooling to and from the event is discouraged.

## **Sanitation and Physical Distance Safety**

- 1) Clean/wash your hands frequently with soap and water for at least 20 seconds or use a hand sanitizer (>60 % alcohol).
- 2) Avoid touching your eyes, nose, and mouth.
- 3) On arrival, athletes, volunteers, and staff must wash their hands with hand sanitizer for at least 20 seconds.
- 4) Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- 5) Regularly clean and disinfect frequently touched surfaces.
- 6) Do not share food and drinks and bring enough to get you through the event safely.
- 7) Equipment should not be shared between athletes in a group.
- 8) Sanitation practices should follow the Canadian Government guidelines for cleaning hard surfaces – see resources below  
 Responding to an incident during an event can cause a volunteer or other responsible person to come in physical contact with an athlete. As such, coaches/leaders should always have gloves, masks and hand sanitizer available to protect themselves and athletes should contact become necessary.
- 9) All athletes are encouraged to carry their own minimal first aid packages while biking
- 10) Where and when possible, athletes should self-assess and self-facilitate any minor first aid requirements to avoid contact with a volunteer.  
 Concussion protocols can still be administered from a safe social distance
- 11) Spectators are expected to adhere to the physical distancing rules but athletes are advised not to bring spectators with them.
- 12) Athletes are not to leave equipment at the race venue.
- 13) Personal items and clothing (backpacks, jackets, shoes, etc.) brought in by athletes, race personnel and volunteers should be kept to a minimum.
- 14) There is no permitted sharing of water bottles. Athletes, volunteers, and staff are required to fill their personal water bottles at home, prior to leaving for the venue.
- 15) Wear a face mask when around others, particularly when physical distancing cannot be maintained.
- 16) We will provide a dedicated table with sanitizer and hand wipes available all through the duration of the event.
- 17) We will maintain a stock of face masks in the event that the athlete or volunteer do not have access to their own at the race venue.

## **VeloNB Additional Information**

- Insurance is provided for members at all VeloNB Sanction Events/Competitions

Velo NB reserves the right to suspend all cycling activities in the event of changes in Provincial regulations such as a move in the phase of deconfinement.

- A record of participants, volunteers, organizers, and spectators needs to be kept for the activity
- All participants must have signed the Velo NB ACKNOWLEDGEMENT, RELEASE, INDEMNITY and ASSUMPTION of RISK regarding COVID-19 Adult Waiver Minor Waiver
- Collect all information required (membership, registration, waivers) prior to the event.

- COVID-19 assumption of risk waivers must be received by the club prior to allowing a participant in any activity.
- Riders must use their own hand sanitizer and face mask, to wear when required.
- When dealing with any injuries or crashes which may occur; anyone providing aid must put on PPE before assisting the injured party, and continue to follow risk management and mitigation.

### **Bullet Points for Race Day**

- 1) If you have any signs of illness – please go home.
- 2) Always practice Social Distancing.
- 3) Always wear a mask expect when racing.
- 4) Keep your mask on until 30 sec before your race start.
- 5) Respect Physical Distancing with the Race Team.
- 6) Do not gather as a group before or after your ride.
- 7) No spitting or snot rockets during the race.
- 8) Spectators must wear masks.
- 9) No High 5's, hugs or handshakes.

