



Return to Sport COVID-19 Safety Plan

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Member responsibilities

1. To read and understand this “return to sport” COVID-19 safety plan and any subsequent updates to this safety plan
2. To stay home, not attend a Vancouver Velo Vets event, if you...
 - Are feeling any COVID-19 symptoms
 - Have had any COVID-19 symptoms within the previous 14 days
 - Have been diagnosed with an active case of COVID-19
 - Are self-isolating for any reason
 - Are living in a home with someone with COVID-19 symptoms
3. If you start to experience COVID-19 symptoms during a club activity you must leave immediately, contact local public health office for recommendations and inform the club by calling the club president or emailing velo@vancouvervelovets.org
4. You must have signed (one-time), the online Cycling BC COVID-19 self-declaration. Link [here](https://ccnbikes.com/#!/events/cycling-bc-covid-19-declaration) (<https://ccnbikes.com/#!/events/cycling-bc-covid-19-declaration>)
5. You must have completed and signed (one-time) the new Vancouver Velo Vets COVID-19 “participation agreement” Download [here](https://www.vancouvervelovets.org/docs.ashx?id=646337) (<https://www.vancouvervelovets.org/docs.ashx?id=646337>). Once you have completed it you can scan and send it to membership@vancouvervelovets.org or bring a print copy to a club ride. This is additional to the club waiver signed by all members
6. If there is no designated ride leader, it is everyone’s responsibility to be familiar with these safety guidelines and endeavour to ensure that they are adhered to
7. To maintain the recommended social distance from other participants at all times – before, during and after an activity. No shaking hands, high-fives or other touch. While riding you may wish to increase your distance from the rider in front to a distance that makes you comfortable
8. To bring a mask with you, and gloves if you wish – for emergency situations where you can’t maintain social distance
9. To cover your nose or mouth with your arm or tissue when sneezing or coughing. No snot-rockets or spitting (unless you’re off the back)!
10. To bring and use own hand sanitizer on club rides
11. To not share equipment, food or drinks. Bring your own tools, snacks, water bottles, etc..
12. To know the route or have it on your bike computer. Due to the social distance requirements, it is more difficult to ensure a no-drop ride, so make sure you know how to continue, or to get home.
13. If, within 14 days of participating in a club activity, you subsequently develop COVID-19 symptoms, are diagnosed with COVID-19, or are told to self-isolate, you need to let the club know. By phone call to the club president or email to velo@vancouvervelovets.org



Ride leader responsibilities

1. Due to the social distance requirements, groups will be limited to a maximum of 6 riders. If splitting into groups, groups should leave the start point at minimum 10 minute intervals
2. No guests. All members must have signed both the participation agreement and the Cycling BC COVID-19 declaration, and the ride leader should confirm this verbally with all participants
3. Take attendance at the start of the ride. This is required for contact-tracing if requested subsequently by Health Authorities. After the ride send the list of attendees to webmaster@vancouvervelovets.org, who will add it to the ride report
4. Keep the pre-ride talk as efficient as possible. We will put more pre-ride information on the website calendar with the rides
5. Remind riders if they are not maintaining social distance or otherwise doing anything unsafe
6. In the event of an incident/accident – use your mask if you can't maintain social distance. Otherwise endeavour to ensure riders maintain social distance
7. Mechanicals – riders should have their own tools to resolve. If sharing is unavoidable, tools should be sanitized after.
8. After the ride, contact a safety committee rep if you need to discuss any concerns about safety. Any incidents need to be reviewed by them or the larger Board for possible further action

Board member responsibilities

1. All ride information including the route will be shared with participants on the website.
2. In planning rides, ensure that ride starting places are large enough to allow social distancing.
3. Incidents at events or concerns expressed by members related to COVID-19: The Board or the appropriate committee (Rides, Safety) is required to timeously review concerns or reports of incidents, and initiate an appropriate response, action or mitigation
4. Outbreak plan: The club maintains current contact information for active members. In the event a member notifies the Board that they have, or may have, contracted COVID-19, the Board is required to contact every member who attended a club event within the previous 14 days, using the attendance records from the events. However, the identity of the infected member must be kept private
5. In general, communication: The Board is required to communicate any changes in Sport Organization or Health Authority guidelines to members as they occur. This will be done, as usual, via email and published on our website