



## Return to Sport

### Communicable Diseases Safety Plan

#### Version 2.0. Published July 1st, 2021

##### Preamble to Version 2.0

With COVID-19 case counts doing down, and vaccination programs going well, VIASport updated its participation guidelines with the recently released [Return to Sport 2.0](#), a 4-step plan for returning to normal sport and competitions, both indoor and outdoor. Previously our safety plan was updated (version 1.1) to align with the VIASport plan outlined at Step 1. This update aligns our safety plan with the VIASport and provincial guidelines outlined for Step 3.

Essentially, as it affects our club, most restrictions are off. There are no restrictions on travel, no restrictions on group size that affect us. Members are no longer required to have signed our participation plan or CyclingBC's COVID-19 declaration. Physical distancing and masking before and after our rides is just recommended, for the protection of members that are not fully vaccinated. Note that as a club we strongly recommend that our members get fully vaccinated, for our mutual protection.

Also note that the safety plan, previously called a "COVID-19 safety plan" is now required to be a "Communicable Diseases safety plan".

##### Continuing Member responsibilities from Version 1.0 of the safety plan

1. To read and understand this "return to sport" safety plan and any subsequent updates
2. To stay home, not attend a Vancouver Velo Vets event, if you...
  - Are feeling any symptoms of COVID-19 or other communicable disease
  - Have had any such symptoms, or been diagnosed with a communicable disease, within the previous 14 days
  - Are self-isolating for any reason
  - Are living with someone with such symptoms
3. If you start to experience 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](mailto:velo@vancouvervelovets.org)
4. If there is no designated ride leader, it is everyone's responsibility to be familiar with these safety guidelines and ensure that they are adhered to
5. It is still recommended to maintain social distance from other participants of minimum 2 metres before and after a ride, and during social activities such as coffee stops. Note that there may still be mask wearing rules for going into certain stores and coffee shops and we'd like you to abide by those requests. While you are wearing a club jersey please don't make us ashamed of you!
6. To continue to bring a mask with you – for emergency situations where you can't maintain social distance and in case required for going into stores or coffee shops
7. To know the route or have it on your bike computer. It is possible, especially for the first few weeks of resuming rides, that there will be no ride leader. Make sure you know how to finish the ride, or get home.



8. If, within 14 days of participating in a club activity, you subsequently develop symptoms of a communicable disease, are diagnosed with one, 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](mailto:velo@vancouvervelovets.org)

Continuing Ride leader responsibilities from Version 1.0 of the safety plan

1. Guests are allowed. However all riders must have signed the normal Velo Vets liability waiver
2. In the event of an incident/accident – it is still recommended to use your mask if you can't maintain social distance.
3. 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

Continuing Board member responsibilities from Version 1.0 of the safety plan

1. All ride information including the route will be shared with participants on the website.
2. Ensure that ride starting places and break places are large enough to allow participants to be 2 metres apart, preferably outside.
3. Incidents at events or concerns expressed by members related to communicable diseases. 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 a communicable disease, the Board is required to contact every member who attended a club event within the previous 14 days. 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