

COVID-19 Cycling Event Guidelines
For Events Sanctioned by USA Cycling

Updated

July 31, 2020

INTRODUCTION

The purpose of this plan is to develop, implement and enforce appropriate procedures, in accordance with Federal, State, and local regulations to safely operate cycling events. The principles and considerations in this document were compiled from recommendations made by USA Cycling who is governing body for the sport of cycling in the United States and the local regulatory agencies in which the event is held.

These procedures are designed for the return to cycling events once government officials remove “stay-at-home” orders, allow non-essential businesses to reopen, and say it is safe for citizens to move around their community. As a result, these procedures are based on the knowledge that some carriers of COVID-19 show no symptoms. With that in mind, it is important to encourage frequent and effective handwashing, advise staff and participants to wear masks/ face coverings, enact an effective sanitation program (using chemicals effective against the coronavirus) for high-touch surfaces, and establish programs and capacities that allow for appropriate levels of social distancing.

As community transmission rates decline these procedures may be adjusted and relaxed. It is also important to note that these procedures will change as best practices, government guidelines, and guidance from health, medical and industry professionals evolves.

Considerations for Events:

- Allows healthy people to enjoy the cycling events and encourages the use of masks/face coverings for participants and staff.
- Provide means to wash/sanitize hands frequently.
- Manage density of spectators and participants within the event to keep people 6 feet (2 meters) apart.
- Reduce touch areas where possible and sanitize high touch surfaces frequently.
- Protect staff with various approaches, including barriers, protective coverings, and distancing.
- Communicate with staff and participants effectively on how to prevent the spread of germs.
- Have a plan in the event a staff or participants fall ill on site.

GENERAL CONSIDERATIONS

The Event Considerations section will focus on the different disciplines and types of cycling events, with suggestions for each. This document by no means covers all solutions or mitigations

The suggestions and practices mentioned in the following pages are not meant to be hard and fast guidelines for every event. Nor are they all meant to be applied to every event. The sport of cycling is made of many different disciplines, and events of many different sizes. These event considerations are meant to be resources for use as needed by this wide variety of event types.

- Riders will be instructed not to hug, high five, touch each other at any point before, during or after their event.
- Finishing riders will be instructed to exit course away from the finish line.
- Staff will serve as a safety ambassador at the exit to ensure riders do not congregate.
- Plenty of garbage cans for riders to throw away their refuse, and clean as needed.
- Garbage bags will be securely tied or knotted prior to disposal.

TEMPERATIVE CHECKS

Temperature checks will be administered for all participants and spectators prior to the entry of the event venue. We will use 'No Contact Infrared Thermometers' Any person exhibiting a temperature exceeding 100 degrees will not be allowed into the venue. All participants and spectators must have a face covering on over the mouth and nose while getting their temperature checked. We will have masks available for use.

COMMUNICATIONS - HEALTH AND SAFETY GUIDELINESS & SIGNAGE

Many of these general guidelines below will be communicated through the event website and social media during the promotional campaign as well as on event day. Signage will be posted at the event.

PARTICIPANT & STAFF COMMUNICATIONS

- Participants will be strongly encouraged to register online.
- The registration area layout will be marked and directed in a way that minimizes contact with other participants and staff.
- Participants will be advised that all staff will wear masks/face coverings while interacting with others.
- Spectators will be discouraged from attending the event, and participants will be advised to bring no more than one friend/family member with them as a spectator.
- Participants will be required to wear face coverings at the start of mass start events like criterium or road races. Once the race begins, participants will be encouraged to wear masks/face coverings, but have the option so remove the mask/face covering once the event begins. Participants will place the mask/face covering in the rear pocket of their jersey and will not be allowed to litter the course.
- Participants will be required to wear masks/face coverings while not racing if they can not maintain social distancing.

- Participants will be advised to please not jeopardize others by coming to the event if they are feeling ill, have a fever or have been exposed to someone with Covid-19 in the past 14 days. Touchless temperature checks will be utilized if requested.
- Participants will be advised that government health organizations are recommending people 65 years and older, those who live in a nursing homes or long-term care facilities, and people with underlying medical conditions (particularly if not well controlled) should remain home.
- Participants and staff will be encouraged to wash hands frequently with soap and water or use hand sanitizer at one of the provided stations around the facility; including after coughing or sneezing, before eating, after toilet use, and when hands are visibly dirty.

PHYSICAL DISTANCING

- Participants and staff will be encouraged to follow social/physical distancing guidelines carefully, maintaining 6 of space from others. Family members and others (a “family unit”) who live in the same household can be closer together. All others will strictly adhere to the physical distancing guidelines. This will apply throughout the event, registration area, parking, awards ceremony and restrooms.
- Appropriate signage will be used to indicate physical distancing (6-feet apart) while participants are queuing for registration, restrooms and awards during the awards ceremony.
- All team event tents must be at least 10 feet apart from each other. Teams may not congregate at tent areas.

EVENT FORMATS / START & FINISH LINES

Time Trial Event (Individual Efforts – Full Phase 1)

Time trial events are individual pursuit efforts where a single rider starts alone at the start line. These events range from 10 or more miles. After the first rider departs the start line, a new rider will approach the start line to begin their ride. Riders will be staged at least 6-feet apart. Considerations for this event are as follows:

- Event fencing will be used to separate riders and spectators both at the start and the finish.
- Start time will be created to keep riders apart on the course (1-minute intervals)
- Start your fastest fields first and your slowest fields last.
- Start your fastest rider per field first and your slowest rider per field last.
- Create start times that will allow riders to keep apart on course.
- Create 6-foot zones in which riders will queue prior to their start.
- Create specific start area arrival times to eliminate crowding.
- Eliminate time trial holders and require all riders to start with a foot on the ground.
- Do not provide chairs for riders to sit upon while waiting, they must stand.
- Provide plenty of garbage cans for riders to throw away their refuse, and clean as needed.
- Garbage bags should be securely tied or knotted prior to disposal.
- Create rules to prohibit riders from spitting or blowing their nose in the start area.
- Require riders to wear face coverings while waiting for their start.
- Require starting staff to wear face coverings and provide instructions for proper usage.

- Properly social distance start staff and officials.
- Rely on a start clock beeper with the start official distanced from the rider.
- Provide a hand sanitizer station for starting staff.

Gravel Events (Phase 2 – Maximum 50 per wave)

- Gravel events will use wave starts that are in compliance with CDC group size limits.
- Larger start windows will be created to allow riders to start on their own.
- Participants will be allowed to start in small groups and allow them to sign up for times to ride with those they have been self-isolating with.
- Course features and designs will be created (hopping over fences, etc.) which eliminate the advantage of riding in groups.

Criterium Events (Phase 2 – Maximum 50 per wave)

- Fields size will be reduced to lessen the odds of spread
- Create pursuit style chase formats that create separation.
- Participants will be required to wear face coverings at the start of mass start events like criterium or road races. Once the race begins, participants will be encouraged to wear masks/face coverings but have the option so remove the mask/face covering once the event begins. Participants will place the mask/face covering in the rear pocket of their jersey and will not be allowed to litter the course.

Finish Lines

- Participants and spectators will not be allowed to gather in groups at the finish line.
- Participants will be encouraged to cross the finish line and proceed to the open area by registration instead of congregating in the finish area.

EVENT REGISTRATION & PACKET PICKUP

- Maximum event capacity will be determined by current Centers for Disease Control (CDC) guidelines. This will include staff, volunteers and spectators.
- If maximum number of participants is reached the registration will be immediately closed to race day entries.

AID STATIONS/REST STOPS

- Provide bike parking that is adequately spaced out, if possible, every 6 feet.
- If bike rack quantity excludes this option, create 6-foot zones with temporary markings on ground.
- Provide hand sanitize and instructions for use for all riders at every aid station.
- Riders are required to hand sanitize prior to picking anything up and before they depart the aid station. Post signs asking riders to remove cycling gloves while in aid station.

- Provide hand sanitizer along with instructions for use to staff/volunteers working aid stations.
- Staff/volunteers should hand sanitize prior to, throughout and after their shift.
- Only individual servings of water should be provided.
- Food provided should be individually packed.
- Food management should follow the hygiene provisions set by the local health authorities.
- Temporary markings every 6 feet to delineate adequate
- Spacing between riders as they line up for refueling.
- Riders will not be in position to touch anything other than what they have selected.
- Volunteers should be assigned to serve and for collecting used bottles and other disposable items.
- Volunteers serve without touching a rider.
- Garbage bags of refuse will be tied or knotted before disposal.
- All volunteers will wear face masks and gloves with proper training.
- Volunteers will be asked to drive separately to aid stations or only with people they feel sure are not sick.
- Volunteers will not consist of people outside of the CDC high risk groups.

EVENT RESULTS

- Event results will not be posted on paper, but will be provided electronically to prevent athletes congregating.

AWARDS CEREMONY

- The awards ceremony will have the podiums spaced far apart and social distancing guidelines will be observed.
- Participants will be required to wear a mask during the ceremony.

EVENT MEDICAL

- Comply with local public health departments outbreak response and mitigation plan.
- Contact the local hospital and EMS to alert them of the event.
- Race event director will be designated to handle any suspected COVID-19 cases.
- Discuss and whether an open-air space is possible given the sensitivity of medical treatment.
- Advise participants that the first-aid kit for minor injuries will be provided, but staff will not treat.
- All possible COVID-19 cases or major medical situation will require EMS. Call 911.
- Possible COVID-19 cases will be isolated and separated from all participants/spectators.

SANITATION/HOUSEKEEPING/CLEANING OPERATIONS

- Sanitize high-touch areas including restrooms frequently.
- Staff will wear the required PPE, masks, gloves while cleaning or handling cash.
- Staff will sanitize hands at regular intervals.

ATTENTION



**Face mask
must be worn
in this area**

To access this area, a face covering is required.

No Mask - No Access.

Riders are not required to wear a mask when racing

Hand washing stations are available

Maintain social distancing of 6 feet at all times.