

Cycling Ireland

COVID-19

Club Time Trial Guidelines

General

COVID-19 continues to cause significant challenges. The transition period following the outbreak will be long and facilities will be asked to implement all possible measures for respecting the social distancing and hygiene requirements. Our sport will be affected as well and we need to look into ways of conducting training and racing in a safer way for the participants, the organising committee and the spectators. We need to be creative and adapt to new ideas that should be shared among the entire cycling family for everyone's benefit.

Cycling Ireland is following all the recommendations from the Government of Ireland, Northern Ireland and the UCI.

The UCI has advised that during the evolving COVID-19 outbreak, effective protection of the health and safety of athletes must remain a priority. Under the UCI regulations, we must ensure all athletes are covered by adequate measures to protect their health and that they have access to prompt medical care while participating. Preventative measures must be in place to stop the transmission of infection and put in place mitigation measures to minimise the risk of infection. You must ensure that any athlete or participant in an event, who needs immediate medical care is given access to medical facilities.

ABOUT COVID-19

WHERE DO I GET THE LATEST INFO ABOUT COVID-19 (CORONAVIRUS)?

<https://www2.hse.ie/coronavirus/> is the first place you should go for official information. Here you'll find detail on the disease itself, how to protect yourself, the Alert System, latest Government updates, information for communities and other resources.

WHAT ARE THE SYMPTOMS OF COVID-19?

The HSE lists symptoms of COVID-19 as one or more of the following:

- a cough
- a high temperature (at least 38°C)
- shortness of breath
- sore throat
- sneezing and runny nose
- temporary loss of smell

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

WHAT DO I DO IF I THINK I'M GETTING SICK?

Firstly, if you feel ill at any stage you should stay away.

In case of symptoms suggestive of acute respiratory illness before, during or after travel, you are encouraged to seek medical attention and share travel history with your healthcare provider. (Standard Infection Protection and Control precautions emphasise the vital importance of hand hygiene and respiratory etiquette for every person.) For every structured cycle, documentation of who participated must be recorded on the Contact Tracing Sign on/Booking System.

RISK ASSESSMENT AND MITIGATION CHECKLIST IN THE CONTEXT OF COVID-19

- 1) Adhere to general guidelines on hand hygiene, cough etiquette and social distancing
- 2) Complete risk assessment before undertaking group competition
- 3) Participants to complete self-assessment form
- 4) Participants to register online and the check in facility
- 5) All volunteers to be added to the Contact Tracing Sign on/Booking System

Cycling Ireland strongly recommends that each club activity is assessed using the Risk Assessment and Mitigation Checklist for Gatherings in the context of COVID-19 (mandatory for all Cycling Ireland training sessions or groups rides). This is an operational tool that offers guidance for clubs during the COVID-19 outbreak and that should be accompanied by the COVID-19 Generic Risk Assessment Excel file. Cycling Ireland strongly advises that clubs do not to perform the risk assessment alone; do it in cooperation with counterparts especially with local Public Health Authorities.

The level of risk for each factor is a function of two variables: the probability of a threat occurring and the consequences (impact) of that small group ride. This is often mapped on a risk matrix. Decision making on acceptable levels of risk should be determined primarily by human health considerations. Other factors could also be considered, particularly when determining risk management of the mitigation measures to be undertaken.

Characterisation of risks depends on the question that is being asked (Likelihood and Vulnerability Assessment). For example, many questions that characterise risk could be asked of any potential public health threat:

- What is the impact on the event?
- What is the impact on public health?
- What is the impact of personal Health & Safety?

Answers could be:

- **VERY LOW** – Overall risk of transmission and further spread of COVID-19 in relation to group training is considered very low. Little or no risk of creating a hazard for participants or members of the public.
- **LOW** – Overall risk of transmission and further spread of COVID-19 in relation to group training is considered low. Little or no risk of creating a hazard for participants or members of the public.
- **MODERATE** – Overall risk of transmission and further spread of COVID-19 in relation to group training is considered moderate. Moderate risk of creating a hazard for participants or members of the public. Recommend significant efforts to improve mitigation measures or reduce risk of transmission (to decrease risk assessment score). Some controlled impact on the club and reputation for the host. Death and/or severe illness (e.g. COVID-19) cases occur. Public health and medical services are strained.
- **HIGH** – Overall risk of transmission and further spread of COVID-19 in relation to group competition is considered high. High risk of creating a hazard for participants or members of the public. Recommend significant efforts to improve both mitigation measures and reduce risk of transmission (to decrease risk assessment score). A risk-based decision to postpone or to cancel the group training should be considered. Disruptive to the club and reputation of the host. Many deaths or illnesses are associated to COVID-19 cases. Disrupts public health and medical services.

- SEVERE – Overall risk of transmission and further spread of COVID-19 in relation to group training is considered very high. Causes cancellation of the group training. Significant adverse impact on the club and host reputation. Substantial loss of life and serious illness. Widespread disruption of local services and infrastructure.

Cycling Ireland advises you to conduct the event only if it falls in Very Low or Low risk category.

It is strongly recommended that anyone organising or attending a cycling activity complete the following e-learning COVID-19 Course developed by Sport Ireland – <https://www.sportireland.ie/covid19/course>

WHAT ARE WE DOING TO KEEP YOU SAFE?

Your safety is our number one priority. We have put processes in place to ensure the Track remains a safe place for everyone to enjoy.

- Race numbers will be limited as per government guidelines
- Online booking only (Cycling Ireland Contact Tracing Sign on/Booking System)
- Ensure adherence to current government social distancing rules [LINK](#)
- Designated areas for bikes, gear and accompanying parents/guardians
- Designated COVID-19 Liaison Officer to be present
- Only one parent/guardian to accompany any rider at any one time
- Additional sanitisation stations to be provided where possible
- Designated separate Entrances and Exits
- COVID-19 area-specific signage
- Tape as a guide for where to stand
- Bringing own equipment
- All accompanying parent/guardian must also use the Contact Tracing Sign on/Booking System
- Masks will be provided to all volunteers who wish to use them

WHAT HYGIENE ETIQUETTE DOES EVERYONE HAVE TO FOLLOW?

We ask that every member takes responsibility for personal hygiene and also respects the space of others. That means washing / sanitising hands, covering coughs and sneezes, keeping to government guidance on social distancing [LINK](#), bringing your own towel and using it, and bringing your own filled drink bottle / bike / helmet, and not sharing or touching anything that you don't have to.

DO I NEED TO WEAR A MASK?

The wearing of a mask is recommended, as per government guidelines [LINK](#), but not mandatory. Some volunteers staff will be wearing masks.

WILL SANITISING STATIONS BE AVAILABLE?

There is hand sanitiser placed in key areas.

WHAT ABOUT SOCIAL DISTANCING?

Ensure adherence to current government social distancing rules [LINK](#).

WHAT ABOUT OUR VOLUNTEERS?

All volunteers have been briefed about the processes and protocol we will be following. Please respect this and be kind to our volunteers.

DO I NEED TO DO ANYTHING BEFORE I COME BACK?

The below Self-Assessment Personal Screening Questionnaire must be completed.

THE CONDITIONS OF ENTRY ARE:

- Stay home if unwell.
- You must pre book.
- Wash or sanitise hands.
- Bring and use your own equipment.

COVID-19 HEALTH QUESTIONS:

- You do not have any symptoms associated with COVID-19 (e.g. fever, cough, sore throat, shortness of breath, sneezing/runny nose or loss of sense of smell)
- You do not have COVID-19 nor are you awaiting the results from being tested for COVID-19
- You have not been in contact with any known or suspected cases of COVID-19 in the past 14 days
- You have not returned, or been in contact with anyone else who has returned, from overseas in the past 14 days

TT Protocol**Entry**

- Pre-Entry only by using the Cycling Ireland online entry.
- Riders are texted / emailed their start times 48 hrs in advance.
- Parking and toilets provided within 1km of start line.
- Riders to arrive at start zone a maximum of 5 mins before their allotted start time.
- Aside from toilets and parking there will be no 'congregation' point for riders. Official at parking will ensure social distancing as per HSE guidelines.
- Riders will be instructed either to travel alone or with a maximum of one supporter.
- Entry numbers limited as per government guidelines.
- Club event only.

Car Park Area

- A suitable location must be found for the event.
- Designate separate entrance and exits.
- Social distancing must always be maintained.
- Car park must be controlled by a steward.

Start Area

- Cordoned over area adjacent to start that holds 5 riders and complies with social distancing guidelines.
- No rollers / turbo warm up allowed in holding area.
- Riders to warm up on rollers at parking area.
- No warm up on course
- Steward at parking area calls riders to go to start 5 mins before their start time.

Officials

- Riders to start with one foot on ground. No riders are held.
- A mask will be provided for the starter if they wish to use them.
- Masks will be provided for stewards if they wish to use them.
- Cleaning and sanitizing equipment will be made available to volunteers to clean any equipment they will be using.
- Any rider who misses their start time are to leave the start area and return to parking area. They will be given a start after the last rider.
- Course to be designed to minimize stewarding. Start and finish at same point. Two timekeepers needed.

Results

- After the finish, riders must not approach the timekeepers. They must leave immediately.
- Results will be issued by email / text later that evening.
- Prizes, where applicable, should be made by bank transfer or posted.

Self-Assessment Personal Screening Questionnaire

This is a self-assessment form for your personal use. If you answer YES to any of the questions below you should stay at home and DO NOT ATTEND ANY CYCLING ACTIVITIES and inform your medical practitioner if you have not already done so.

Date:

Name:

Contact details: (email/contact number)

- | | |
|--|--------|
| 1. Are you currently diagnosed with or believe you may have COVID-19? | YES NO |
| 2. Have you had any of these symptoms of COVID-19 in the past 14 days LINK? | YES NO |
| → High temperature (fever)? | YES NO |
| → A new continuous cough? | YES NO |
| → New unexplained shortness of breath? | YES NO |
| → A sore throat? | YES NO |
| → Loss of smell? | YES NO |
| 3. Have you been in contact with a COVID-19 confirmed or suspect case in the previous 14 days? | YES NO |
| 4. Have you provided direct care for COVID-19 patients in the past 14 days? | YES NO |
| 5. Have you visited or stayed in a closed environment with anyone with COVID-19 in the past 14 days? | YES NO |
| 6. Have you travelled together with COVID-19 patient in any kind of conveyance in the past 14 days? | YES NO |
| 7. Have you arrived in Ireland from another country in the last 14 days – this includes Irish citizens travelling home? | YES NO |

**Healthcare or frontline workers wearing full PPE, in line with HSE/NHS guidelines are permitted to participate provided their employer has not advised self-isolation.*

