

**Cycling Ireland**

**COVID-19**

**Return to training for Elite tandem Para-cyclists**

As this COVID-19 pandemic has progressed, the safety of our athletes, coaches and service providers has been our key priority at all times. The imposed social restrictions have been essential to protect lives and have been very effective. Now that the infection rate in the community is declining, we look forward to our athletes returning to elite level training. The safety of our athletes, coaches and service providers remains paramount.

From a sporting perspective, the restrictions have had a significant impact on certain athletes, depending on their specific circumstances. Our elite tandem para-cyclists are a group that have been significantly affected as they have not been able to train together. The tandem para-cyclists have repeatedly expressed their desire to return to training together and have asked Cycling Ireland, as an organisation, to try to facilitate this as soon as possible.

Para-cyclists are not able to socially distance by 2m when they are on their tandem bike. As COVID-19 has not been eliminated completely, we cannot completely eliminate the risk of our riders becoming infected if they ride together. These guidelines are to be taken on board by Elite Tandem riders on the understanding that personal responsibility is critical to an effective roll out and delivery of the advice is in the control of the individual and to be agreed by each pairing.

COVID-19 infection rates in the community have decreased in recent weeks due to the measures we all have taken to date in society. We feel the risk of infection to our tandem para-cyclists is reduced further, to even lower levels, by taking the following measures:

- We have engaged with and educated the para-cyclists regularly throughout the pandemic on COVID-19 issues by using video platforms to meet, giving presentations, emailing literature updates and regular phone-calls.
- It has been made clear to each tandem para-cyclist that he/she is not obliged to train together at present if he /she has any concerns due to COVID-19.
- We have been monitoring our para-cyclists throughout the pandemic for illness and will continue to do so.
- The para-cyclists have completed a screening questionnaire to determine if they been tested for COVID-19, if have tested positive, had symptoms suggestive of COVID-19, have come in close contact with a person who tested positive, have travelled outside the country, have been advised to self-isolate, have an at-risk member within their own household.
- The para-cyclists are completing a daily symptom checklist and temperature check prior to leaving their home. They know to contact the CMO if they have any of the recorded symptoms or if their temperature is high.

## Elite Tandem Para-cyclists

- The para-cyclists will continue to train alone on a regular basis.
- The tandem para-cyclists will self-isolate at home as much as possible. Where possible others will do their shopping.
- If approved, the tandem para-cyclists will come together to train at a frequency of no more than 3 times per week if living in separate households.
- All Tandem training for the next 6mths will be conducted outdoors which represents a significantly lower contagion risk.
- The tandem para-cyclists will continue to socially distance until they mount the bike.
- We will limit the amount of time they have on the bike together.
- The tandem para-cyclists will adhere to the hand hygiene advice.
- The tandem para-cyclists will wear eye protection at all times.
- The tandem para-cyclists will wear a mask at all times where it is practical to do so.
- The tandem para-cyclists will not expectorate whilst cycling.
- The tandem para-cyclists will disinfect the bike and any possible common surfaces at the beginning and the end of the training session.
- If training on the outdoor velodrome (Eamonn Ceannt Park, Sundrive Road, Crumlin), we will ensure the bikes are at least 20m apart on the track and if passing another bike, move out of its slipstream at least 20m behind that bike.
- Cycling Ireland have limited the number of people at any training session held at the approved training venue of Eamonn Ceannt Park, Sundrive Road, Crumlin to 10 people, allowing a maximum of 5 people on the track at one time.
- Cycling Ireland will endeavour to have access to PPE at all track training sessions for the use where required.