

Cycling Ireland

COVID-19

Guide for Parents and Carers

Introduction

This document provides recommendations for parents and carers ('supporter') who take part in a cycling activity in the COVID-19 environment.

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>

We note that this is an evolving situation and timelines on restrictions which may result in different requirements at various times. Ultimately, public health policy will govern any resumption of outdoor activities.

Who should not attend?

Unless required to directly support a participant, as a supporter, there is no other reason to attend a cycling activity. In this case a maximum of one (1) person should attend and if possible, remain in the vehicle.

To ensure the health and safety of all participants no person is to attend if they have any illness or symptoms of COVID-19. Any participant or supporter must not attend if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19 (cough, sore throat, fever or shortness of breath), even if mild.

For further information visit: <https://www2.hse.ie/coronavirus/>

Before Arrival:

- Undertake a virtual briefing (if available) from the activity organiser outlining hygiene practices while undertaking the activities.
- Be prepared to have your contact details shared with government/HSE in the events of a positive case from the activity.
- Download and activate the Cycling Ireland Booking App.
- Be familiar with cough/sneeze etiquette.
- Notify the Host Club that you will be attending.
- Be aware if there are variable start and finish times.
- Assist anyone attending as a participant to become familiar with the guidelines set by the Host Club and organiser.
- Make sure to arrive at the activity as close as practical to the start and leave as soon as possible after the end.
- Ensure that the participant is in their training kit when they arrive and has any food or drink, they may require.

During the Activity:

- Wash hands upon entering the venue.
- Follow the correct cough/sneeze etiquette.
- Ensure adherence to current government social distancing rules [LINK](#)
- Observe any venue specific requirement on equipment closures (e.g. benches) and physical distancing requirements.

End of Activity:

- Immediately following the end of the activity sanitise/wash hands and leave the venue.
- Do not socialise or participate in an end of the activity.

Be aware that anyone who does not adhere to the Guidelines may be asked by the Host Club or Organisers to leave immediately.

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)

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|---|--------|
| 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 |
| → Sneezing or runny nose? | 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 |