

Cycling Ireland

COVID-19

Recommendation for Cyclo-cross Racing

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)?

The Health Service Executive (HSE) <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
- 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 use 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 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 event. 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 on personal Health & Safety?

Answers could be:

- **VERY LOW** – Overall risk of transmission and further spread of COVID-19 in relation to the event 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 the event 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 the event 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 event 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 event. 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 the risk falls into the Very Low or Low risk categories.

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.

- Online booking only
- 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 rider to limit numbers on grounds at any one time
- Additional sanitisation stations to be provided where possible
- Designated separate Entrances and Exits
- COVID-19 area-specific signage
- Signage and verbal instruction to direct riders and 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 [LINK](#).

WILL SANITISING STATIONS BE AVAILABLE?

There are hand sanitiser stations placed in the venue.

WHAT ABOUT SOCIAL DISTANCING?

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

WHAT ABOUT OUR VOLUNTEERS?

The Off Road Commission and Coaches have all been briefed about the processes and protocol we will be following. Please respect this and be kind to our volunteers.

NOTE: There will be no additional registrations on the day in any category.

TRAVELLING TO THE EVENT

Riders are asked to travel to the event either separately or with their close family group.

THE CONDITIONS OF ENTRY ARE:

- Stay home if unwell.
- You must pre enter online.
- Wash or sanitise hands before entering the event and when moving through different areas.
- Bring and use your own equipment.

REGISTRATION ON THE DAY

When riders turn up, the temperature check will take place in the vehicle, it is at this point they will be handed their race number and cable ties (for race plates). Registration staff should wear face masks. A hand sanitizer station should be available. This area will need to be well marshalled to avoid over-crowding.

TEMPERATURE CHECKS

In the queue temperature checks are to be carried out by the host club's designated officer(s) using a non-contact thermometer. In the event of a high-temperature person on site, that person will be asked to leave the site. If this is a rider, the rider will not be allowed to race. A refund can be offered by the club.

NUMBER OF RIDERS PER SESSION

Each session will have a limit of 200 people in total

SPECTATORS

Currently spectators are not allowed. A parent/guardian accompanying their child(ren) is not considered a spectator but should be encouraged to keep social distance away from other parent/guardian.

START LINE

The start area should have barriers with marshals to stop access by non-racers and members of the public. The marshals are only to allow access by participants and required staff. Masks to be worn by participants on roll call until instructed to remove them. Riders are to be reminded that there should be no sharing of equipment, bottles or food. Riders will be asked to maintain caution with regards to coughing and nose blowing.

There would be no social distancing option for the start line. Commissaires and race officials are to wear face masks and have access to sanitising facilities. The aim is to limit the time riders spend on the line. Gridding should take place promptly. If riders are not at the start line when their name is called they lose their place.

TIMING TENT

Timekeepers to wear face masks. Hand sanitizer to be made available in the timing tent by the host club. The number of staff in the timing tent should be kept to a minimum. The outside of the timing tent is to be barriered to restrict access to essential personnel only.

FINISH LINE

Riders are not to gather at the finish line. They must disperse immediately after depositing their own race numbers into the bucket provided. The numbers will be washed and available for the next race. For riders with race plates (youth up to Under 12s) a marshal will need to remove the race numbers. The marshal should wear a face mask.

PITS

The pits should be well spread out with one entry and one exit point. The number of people in the pits should be kept to a minimum. Pit crews will be asked to keep social distancing from each other and wear face masks at all times. Pit crews are asked not to share washing equipment, the power washers will be operated by the same person for the event. All pit crew must register on the Cycling Ireland events system.

MEDAL CEREMONIES/PRIZE GIVING'S

- Medals will be laid out on a table
- Each medal winner is called forward
- He/she uses hand sanitiser
- Rider puts on a face mask
- Rider puts on the medal
- Rider steps onto podium
- No dignitaries in Photograph
- Any of the three medallists can have a solo photograph on the podium without a mask, but not together
- Prize money to be provided post-event via bank transfer / Stripe / PayPal.

PARTICIPANTS HEALTH SCREENING (ATHLETES, COACHES, OFFICIAL, LOCAL ORGANISING COMMITTEE (LOC) STAFF)

- Athletes racing in a cycling event must monitor their health status continuously (including taking their temperature and monitoring for any symptoms) from 14 days before the event.
- Cycling Ireland strongly recommends that all athletes, coaches, officials and LOC staff participating in an event should complete the Self-Assessment Personal Screening Questionnaire before the event commences.
- The purpose of this is to identify incoming event participants who may need to have their participation deferred.

USE OF MASKS/MOUTH NOSE FACE COVERING AND RUBBER/DISPOSABLE GLOVES

- Cycling Ireland strongly recommends the use of masks/mouth-nose face covering by volunteers, officials and other accredited clients that are in contact with athletes (e.g. start area, post finish area).
- Athletes are advised to wear masks/mouth-nose face covering during any non-competition activity.
- If athletes/volunteers/officials wish to wear rubber/disposable gloves they are reminded that they still need to sanitise regularly.
- The LOC is only responsible for providing masks/mouth-nose face covering to its volunteers and staff along with a contingency amount for medical needs. All other accredited clients must bring their own equipment.

PRELIMINARY CONSIDERATIONS

In the COVID-19 environment there are several considerations that should be taken into account when planning an event:

- COVID-19 status: When assessing your event, it is critical that you understand the current status of COVID-19 at a national, regional and local level. This does not mean a one-time check – it should be monitored on an ongoing basis. The situation may change at any time and organisers should stay updated with most current information.
- Economics: The changing economic conditions will decrease the disposable income available for discretionary activities. Consider keeping the entry costs as low as possible without decreasing event safety.

- **Permits:** Initially, the ability to secure permits may take additional time and require demonstrated planning on how organisers will comply with COVID-19 restrictions. Courses that require no permit should be considered as an alternative. Organisers should discuss with the venue owner or authority at the earliest possible opportunity to understand any additional restrictions that they may have in place.
- **Fitness:** While virtual training and racing have been available for some members, racing fitness will have been lost. Event distances should be scaled back initially.
- **Officials:** The number of officials should be limited to only those who are critical to the conduct of a safe event. Any Commissaires in the High Risk categories should not be used until direction from the Government/HSE allows this.
- **Cleaning and Sanitising Requirements:** Taking measures to regularly clean and sanitise any surfaces used. This may add extra time and cost to those putting on an event.
- **Consider an Incremental Return to Normal Operations:** There is a need to have an incremental return over a staged process to normal operations. Any events should slowly progress implementation and if in doubt take a cautious approach.
- **Local Requirements:** Follow the specific measures set by the Government/HSE at that time about conducting events in a COVID-19 Environment.

MEDICAL PROVISIONS AND RECOMMENDATIONS TO THE EVENT ORGANISER

- Hand sanitisers should be accessible at entrances and exits from the common areas and especially in the medical treatment areas.
- Recommend that towels are for single-use only.
- Ensure availability of thermometers (e.g. infrared) to check all accredited clients' temperatures.
- The medical staff attending persons who are ill should follow their own medical protocols for handling patients.
- Cycling Ireland will notify all involved parties of a case of COVID 19.
- Predetermine emergency contacts with local authorities.

RISK COMMUNICATION AND AWARENESS

- It is important that all the provisions in place are communicated clearly to all participants and volunteers in advance through social media and club websites.
- Display health advisories at all possible venue facilities and access routes, reminding everyone and encouraging to maintain high levels of personal hygiene, including advice on hand washing, and minimising physical contact.
- LOCs should develop a risk communication strategy for COVID-19 before the event.

PARTICIPANTS CONDUCT

- The following measures are recommended to be in place:
 - Health screening of participants. (Complete Self-Assessment Personal Screening Questionnaire)
 - Volunteers and parents should follow the social distancing rules that are requested by the public health authorities.
 - Please be reminded when wearing rubber/disposable gloves you still need to sanitise.
 - Anyone due to participate in the event who is feeling ill should not come to the venue.
 - Detailed contact information of each participant must be available to the organising committee.

VENUE FACILITIES

- All working spaces and provided facilities must be organised in a way that social distancing is respected.
- At the entrance and exit of the venue, alcohol-based hand sanitisers must be available.
- Provide disinfectant wipes and advise venue cleaning staff to disinfect door handles, toilet handles, bathroom sink handles, etc. in all areas several times per day.
- Room doors must remain open if possible and if not should be managed by volunteers for not allowing different clients to touch the door handles.
- Closed bins for safe disposal of hygienic materials (e.g. tissues, towels, sanitary products) in all rooms must be provided.
- All Parents/Guardians wishing to attend must entry on the Cycling Ireland online entry system.

SOCIAL ACTIVITIES

Pre and Post refreshments should not be planned so as to minimise the opportunities of mass gathering in small spaces.

STAFFING

- The social gathering of the LOC team and its volunteers must be kept to an absolute minimum.
- All events should take place via online platforms or on site while respecting social distancing.
- The number of volunteers must be reviewed and kept down to the absolute necessary.
- The working conditions must follow the recommendations from the local Health Authorities.
[LINK](#)
- Prepare a contingency plan for absenteeism among volunteers and staff.

MEDIA SERVICES

- Accredited media representatives must be limited, taking into account social distancing and the available space.

TECHNICAL OFFICIALS

- Cycling Ireland will review and if possible, optimise the size of the technical officials' team and number of staff traveling to an event.

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, 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?](#)
 - 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 on the Island of Ireland from another country in the last 14 days – this includes 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.*