

Cycling Ireland

COVID-19

Guide for Participants

Introduction

This document provides recommendations for participants ('riders') who take part in cycling activities in a 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 may result in different requirements at various times. Ultimately, public health guidelines will govern any resumption of cycling activities.

Who should not attend?

To ensure the health and safety of all participants, no participants are to attend if they have any illness or symptoms of COVID-19. Participants 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 Contact Tracing Sign on/Booking System.
- Be familiar with cough/sneeze etiquette.
- Come to training in your kit and change at home.
- Bring your own food and drink.
- 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.
- Use hand sanitiser upon entering the training area (if applicable)
- Do not share food or drink with other participants outside of your household
- Follow the correct cough/sneeze etiquette.
- Do not share any equipment between participants
- Ensure adherence to current government social distancing rules [LINK](#)

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.
- Understand that there will be no non-essential activities (e.g. recovery sessions or meetings). This will take place at home or online.

Be aware that if 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? | 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 |