



TripleShot COVID-19 Safety Plan

In order to run our group rides, the Club must create and post a plan to keep club members safe during the COVID-19 pandemic. This plan takes into account the rules set out by viaSport and Cycling BC as well as the guidelines issued by the BC Medical Health Officer. If members have questions about the Club's rules, they can direct them to any member of the TripleShot Executive, or to their ride leaders.

We appreciate your co-operation with these new rules. We are aware that in normal times our club rides are noticed by members of the public and that public scrutiny is likely to be more intense during this pandemic. Following these guidelines will help build goodwill towards our club and members.

We realize that these rules are strict, however, in the interest of the safety of all our members and the public, we must follow them for the duration of the pandemic.

These rules cover the most common club situations. However, we ask that every member use common sense and respect their fellow club members by ensuring that **everyone is adhering to social/physical distancing rules.**

TripleShot executives will monitor operations, respond to changing conditions, and update this safety plan as needed. In doing so we will consult with Cycling BC and health authorities as needed.

Rules

Before the Ride

1. All riders (or their parent or guardian) will be required to complete a COVID-19 Declaration online through CCN. The COVID-19 Declaration, once made, will apply to participation in all future events. Cycling BC will email all members with this information and CCN will ensure that club leadership can link to the member look-up to ensure that participants have completed the form. **All riders MUST complete the COVID-19 Declaration. Until you complete the declaration, you will not be allowed to join a TripleShot club ride.**
2. All riders must be healthy to ride. If you feel at all unwell (have an elevated temperature, runny nose, sneezing or coughing), you must stay home from the ride. If any of your household members have these symptoms, you must also stay home. Riders who appear unwell on the ride will be asked to go home, consult the public health authority and follow their instructions.

3. All riders must be Cycling BC members– no drop-ins are allowed until further notice.
4. All rides will have a ride leader. For the Youth Team, all rides will have one coach and one parent.
 - a. Ride leaders are aware of the Tripleshot Health and Safety Guidelines and will answer any questions about the protocol for the ride.
 - b. Ride leaders are responsible for reporting attendance on the Spond app. See more information about Spond below.
 - c. Attendance records including the date and location of the ride will be kept by the club and made available to Cycling BC for purposes of facilitating contact tracing, should the need arise.
5. All riders must be pre-registered for the ride. Registration will be through the app “Spond” which can be downloaded from the Google and Apple stores. An invitation to Spond will come from the Tripleshot executive.
 - a. Riders must be registered before their ride.
 - b. Riders who cannot attend a ride are encouraged to cancel their space on the ride as early as possible to allow another member from the waitlist to be added to the ride.
 - c. On any given day, riders must only ride with the group with which they register.
 - d. Youth riders will receive the week’s rides on the preceding Saturday at 12 noon and will have until Sunday at 5 pm to register for the rides. If they need to cancel, they must do so through Spond as soon as possible to open up the space for another rider. For each ride day, they must only ride with the group with which they register.
 - e. Groups must be no larger than 10 riders, including the ride leader. Youth team rides will have one coach, one parent and a maximum of 8 youth riders.
 - f. Adult riders who are dropped from a ride will be on their own to finish their ride solo. They have not pre-registered to ride with any other group, and therefore cannot join any other group. For that reason, no-drop groups must be especially careful not to drop people inadvertently.
6. Morning group rides will leave from multiple staging points at Oak Bay High in staggered starts identified in the Spond app.
 - a. Do not arrive more than 2 minutes before your scheduled departure time.
 - b. We encourage you to ride with the same people at each ride as much as is practical, to limit the contacts you have when riding. While normally this would be considered cliquish and un-Tripleshot, we recognize that these aren’t ordinary times.
 - c. Maintain 2 m distance from other riders at the meet-up place.
 - d. Youth team rides will depart from locations identified on the Spond app for each ride.
 - e. Riders who are participating at Westshore Velodrome events must adhere to the policies and procedures set by the facility. If they are borrowing bikes, they must bring their own tools and pedals.

During the Ride

1. Passing less than 2 metres apart—if safety calls for it—is permitted, given that the exposure risk is low. If you have to stop, maintain 2 metres distance from other riders.
2. Do not touch anyone else's equipment (bike, helmet, gloves etc.).
 - a. Riders must carry their own repair tools and spare tube.
 - b. Riders must change their own flats and fix their own mechanical issues.
 - c. Riders must carry hand sanitizer.
 - d. Do not share food or water bottles – riders must be self-sufficient.
3. If you develop COVID-19 symptoms during a ride, you must inform your ride leader and leave the ride. If a rider becomes severely ill on a ride, a member of the group must call 911 and await assistance.

After the Ride

1. No end-of ride gatherings unless it is possible to maintain a physical distance of 2 metres.
2. If a group goes for coffee after a ride, all members must wash or sanitize hands before handling any food or beverage and members should only handle their own food and beverage.
3. Any club member who attends a ride and then shows COVID-19 symptoms, or is diagnosed with COVID-19 within 10 days of a ride, must immediately inform the Tripleshot president (currently Martin Farnham) by phone, text, or by emailing triplehotcyclingclub@gmail.com and cease attending club rides until they have consulted the public health authority and followed their instructions regarding returning to sport. Those who have tested positive must refrain from club rides for at least 14 days after the positive test.