

SILVER SPOKES CYCLING CLUB	Revision 2
COVID19 MANAGEMENT POLICY	July 2021

1. Definitions

“SSCC” – The Silver Spokes Cycling Club

“Member” – An individual who has chosen to join the SSCC and has fully paid the annual fee

“Directors” – Those Members who have been elected or appointed to the Board of Directors for the current calendar year in accordance with the relevant provisions of By Law No. 4

“Ride Leader” – The SSCC Member who has agreed to organize either a weekly scheduled or special SSCC ride

“Participant” – an individual who is taking part in a SSCC sanctioned cycling event

“Social Distancing” - the practice of maintaining a greater than usual physical distance (such as two meters or more) from other people or of avoiding direct contact with people or objects in public places during the outbreak of a contagious disease in order to minimize exposure and reduce the transmission of infection

“Close Contact” – “a person who had a high-risk exposure to a confirmed or probable case during their period of communicability. This includes household, community and healthcare exposures as outlined in Ministry guidance on cases and contacts of COVID-19”¹

2. Purpose

This policy outlines guidelines under which Silver Spokes group rides may be undertaken during the period when public health restrictions are in effect to contain the spread of the SARS-CoV2 virus and its associated COVID-19 disease.

3. Effective Dates

This policy shall remain in effect until formally amended or rescinded by the SSCC Board of Directors.

4. Policy Statements

- a) SSCC will follow the COVID-19 social distancing and other control measures and recommendations mandated by Federal and Provincial authorities, the Haldimand-Norfolk and Southwestern Public Health Units, and the Ontario Cycling Association.

¹ Management of Cases and Contacts of COVID-19 in Ontario, January 12, 2021 (version 11.0)

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- b) Participants under the age of 18 will be required to provide a consent form signed by a parent/guardian
- c) An individual may not participate in a ride if he/she:
 - Has exhibited symptoms of COVID-19 in the last 14 days.
 - Has traveled outside the country in the last 14 days.
 - Has been in contact with someone testing positive for COVID-19 in the last 14 days
- d) Should a Participant exhibit symptoms of, or receive a diagnosis of, COVID-19 within 15 days following a ride, he/she shall immediately advise the SSCC President or Secretary. The Participant will be advised to get tested for COVID-19, if this has not already been done, and will be asked to inform the Public Health Unit that a list of his/her recent ride contacts among other SSCC Members is available from the SSCC Secretary.
- e) Participants shall be immediately notified by email of a suspected or confirmed case of COVID-19 and the date(s) of the ride(s) that the individual participated in during the previous two weeks.
- f) A Participant testing positive for COVID-19, and all Members identified by their Public Health Unit as “Close Contacts” of the Participant, shall follow and complete all measures required by the Public Health Unit before being allowed to ride again with the SSCC.

5. Ride Leaders.

Ride Leaders shall be responsible for:

- a) Communicating with Members regarding the date, time and start location of a ride, and requesting that those interested pre-register using the method prescribed by SSCC (See Appendix A for a sample ride notification/pre-screening email.)
- b) Advising Members of the maximum number of Participants allowed on the ride, based on any mandated public health measures in effect at the time, and ensuring that the group size does not exceed the allowed limit.
- c) Reminding the Participants of the requirements of this policy immediately prior to the ride.

Ride Leaders shall record the names of all Participants on the ride and shall forward this record by email to the SSCC Secretary to be retained for a minimum of four weeks after the ride for contact tracing purposes if necessary.

Ride Leaders may at their sole discretion prohibit individuals exhibiting COVID-19 symptoms, or not behaving in accordance with these policy requirements, from participating in a SSCC group ride.

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6. Group Ride Requirements

In the absence of any other specific and more restrictive direction or limitations, the following shall apply to all SSCC group rides:

- a) Individuals wishing to participate in SSCC rides must pre-register with the designated Ride Leader in advance of the event in order to complete the COVID-19 pre-screening declarations in the notification email, and to be eligible to take part.
- b) Participants should bring hand sanitizer and wash their hands after returning from a ride. Each Participant should also bring a facemask with them on a ride.
- c) Participants shall not spit or clear airways outwardly. Sneezing or coughing shall be done into your arm or sleeve only.
- d) Sharing of equipment, or touching of other Participant's equipment (e.g. handlebars, water bottles, etc.) should be avoided.
- e) Sharing of food or drinks is prohibited.
- f) If at any point a Participant is not feeling well or comfortable on the ride he/she should let the Ride Leader and fellow riders know **immediately**. The Ride Leader, in consultation with the Participant, shall determine the appropriate action to be taken, e.g. carry on to complete the ride (if within a short distance of the start/end point), call the Participant's emergency contact person for assistance, have one or more other riders accompany the Participant back to the starting point, etc.
- g) Any mid- or post-ride activities (e.g. coffee stops) shall be conducted in strict accordance with Ontario Cycling Association and any Provincial or local public health restrictions, as well as the requirements of the activity venue.

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Appendix A

Sample email text to notify Members of a club ride:

Ride: Monday Evening Casual Ride

Ride Leader: _____ email: _____

Date: July 5, 2021

Start Time: 6:00 pm

Location: German Home, Delhi (parking lot)

To register for this ride, please respond by email to the Ride Leader **no later than** 4:00 pm Monday July 5 if you wish to participate.

NOTE:

By registering for this ride, you acknowledge that you, or anyone in your household:

- Have NOT exhibited symptoms of COVID-19 in the last 14 days. These symptoms may include:
 - Fever and/or chills
 - Cough
 - Difficulty breathing or shortness of breath
 - Muscle aches
 - Sore throat or difficulty swallowing
 - Runny, stuffy or congested nose (not related to season allergies or other known causes)
 - Lost sense of taste or smell
 - Nausea, vomiting or diarrhoea
 - Pink eye
 - Headache
 - Extreme tiredness
 - Any other symptoms as identified by health experts
- Have NOT traveled outside the country in the last 14 days.
- Have NOT been notified as a close contact with someone testing positive for COVID-19 in the last 14 days, or been told to stay home and self isolate

It is recommended that you bring a facemask and hand sanitizer with you.