



ONTARIO CYCLING ASSOCIATION INC.

2015 Pan Am Boulevard, Suite 2, Milton, Ontario L9E 0K7

Telephone: 416-855-1717

Ontario Cycling Association Progressive Return to Cycling Policy PART 1 - OCA Members

Steps for Members

If you are displaying any symptoms related to COVID-19 you should not be participating in any activities. Use the [Ontario Government's Self-Assessment Tool](#) to see if you should consult your appropriate medical professional or Telehealth Ontario.

Telehealth Ontario: 1-866-797-0000

All participants in club or team sanctioned activities should follow Ontario Government, Ontario Public Health, and local public health unit recommendations including:

- Washing your hands frequently following the recommended guidelines of a minimum of 20 seconds (it is the single most effective way of reducing the spread of viruses)
- Do not touch your face/eyes/mouth with your hands
- Practice proper etiquette by covering your mouth and nose with your sleeve (not your hands) when coughing or sneezing, and washing/sanitizing your hands as soon as possible after.
- Members should only use their own water bottles to prevent the transmission of viruses and bacteria.
- Use an alcohol-based hand sanitizer containing over 60% alcohol if soap and water are not available
- Avoid contact with sick people, including avoiding close contact with people suffering from acute respiratory infections
- Practice safe physical distancing (maintain at least 2 metres (6 feet) distance between yourself and another individual)

Before your sanctioned activity:

- Ensure you're aware and following the latest requirements and guidelines of medical experts and provincial and local Government authorities
 - o Ontario Government (<https://covid-19.ontario.ca/>)
- Limit your group activities to a **MAXIMUM of 5 people**
- Make sure before and after your activity you are keeping a physical distance of at least 2 metres from all other individuals



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- During ALL cycling activities you participate in, ensure you are following a minimum 2-metre physical distance from the cyclist beside or in front of you
- Do not participate in any group activities (club/team) if you or any of the other group participants:
 - o Exhibit any COVID-19 symptoms including:
 - Fever
 - Cough
 - Difficulty breathing or shortness of breath
 - Chills
 - Sore Throat or difficulty swallowing
 - Lost sense of taste or smell
 - Muscle Aches
 - Extreme tiredness
 - Any other symptoms as identified by health experts and the Ontario Government
 - o <https://www.ontario.ca/page/covid-19-stop-spread#section-0>
 - o Have been in contact with someone who is a confirmed or presumptive case of COVID-19 within the last 14 days
 - o Are considered vulnerable or at risk (elderly individuals, immunocompromised persons, individuals suffering from health problems including, but not limited to asthma, chronic bronchitis and other lung diseases, high blood pressure, diabetes, etc.)
- ***Ensure you have completed your ONTARIO CYCLING ASSOCIATION ACKNOWLEDGEMENT, RELEASE, INDEMINITY AND ASSUMPTION OF RISK REGARDING COVID-19 (must be completed by member and parent/legal guardian if under 18) and submit copies to your club/team for confirmation.***
 - o [Adults \(18 Years of Age and Older\)](#)
 - o [Minors \(Under 18 Years of Age\)](#)

Preparation for your activity:

- Wash your hands with soap and water prior to going out for any cycling activity
 - o Public Health Ontario Factsheet on How to wash your hands
(<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en>)
- Ensure you bring hand sanitizer with you (recommended 60% alcohol content minimum)
- Clean ALL your equipment prior to heading out including wiping down your handlebars, glasses or protective lenses, and ensuring you have a clean water bottle
- Do not share equipment
- Make sure you have enough snacks/liquid with you to ensure you don't have to stop along your ride or use a tap/water fountain



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- Consider wearing an appropriate mask during lower intensity training/riding, making sure the mask covers both the mouth and nose
- Consider wearing gloves
- If you cough, sneeze, or blow your nose, ensure this is done by covering your mouth and nose with your arm/sleeve, turning away from others, and that no other individuals are nearby at the time
- Ensure you are aware of the basic bike maintenance necessities and equipped with the appropriate tools prior to attending your activity
- Confirm that your bike is in good working order prior to attending any activity
- Considering bringing a fully charged cell phone with you in case of emergencies
- Let your Emergency Contact know the route/time frame of your activity
- Ensure you are aware of and follow your club/team's approved Risk Management Plan for activities
- Limit your early rides to a smaller radius to avoid being too far from your starting point

While participating in your sanctioned activity:

- Keep a MINIMUM distance of 2 metres from other individuals at all time.
 - o It is strongly recommended that this distance actually be larger to limit the potential spread of the virus
- Avoid all physical contact including hugs, handshakes, high fives and fist bumps
- Avoid touching your face
- Do not share snacks/water bottles, or anything that could create unnecessary close contact
- Limit the risk of an emergency situation by ensuring you do not push yourself too hard or take any undue risks

After your sanctioned activity:

- Return directly home after your activity
- Ensure you wash your hands or use appropriate hand sanitizer to disinfect your hands as soon as you return home
- Ensure you wash/sanitize all used clothing and disinfect all cycling equipment including, but not limited to: your helmet, sunglasses/protective lenses, handlebars, water bottle, etc.
- If at any point you start displaying signs of COVID-19, members should:
 - o Contact Telehealth Ontario and follow all instructions as provided
 - o Contact the club to notify them of any symptoms or pending/confirmed test results.

The OCA has taken steps to ensure this policy has been reviewed by medical professionals with knowledge of cycling activities.