AUSCYCLING

CONDUCTING CYCLING ACTIVITIES IN A COVID-19 ENVIRONMENT

SUPPLEMENT SOUTH AUSTRALIA PLAN

Version 1.0 | 1 NOVEMBER 2020
Introduction

AusCycling is the national sporting organisation (‘NSO’) for cycling in Australia. AC has developed Guidelines for the Conduct of Cycling in a COVID-19 Environment and Guidelines for the Conduct of Events in a COVID-19 Environment to assist State Offices, Club and Members to conduct cycling activities during the COVID-19 pandemic. The AC Guidelines address key elements within the Australian Institute of Sport (AIS) Framework for Rebooting Sport in a COVID-19 Environment (the AIS Framework) and the Outdoor Council of Australia Framework for Rebooting Outdoor Activities in a COVID-19 Environment (the OCA Framework), and the National Principles outlined in each.

It is important to note the AusCycling Guidelines have been developed as an overall framework for the conduct of the sport in the COVID-19 environment however they must be used within the specific State and Territory requirements. Some State and Territory Governments require sports organisation or events to have specific local COVID-19 plans addressing specific restrictions.

When assessing your event it is critical that you understand the current status of COVID-19 at a national, regional and local level.

**Scope and Purpose**

The purpose of the plan is to ensure Host Organisations (clubs, coaches, event organisers) of cycling program provide a COVID safe environment and have up-to-date information on local requirements.

The non-contact nature of cycling generally allows riders maintain a distance of greater than 1.5m whilst riding to ensure safety and good sightlines. Cycling is generally also an outdoor activity (except in the case of indoor velodromes).

Descriptions of cycling activities referenced in these guidelines include:

- **Recreational Riding and Training**: casual or performance purpose riding organised by individuals or affiliated clubs.
- **Instruction and Coaching**: Cycling activities conducted under the guidance of a coach or instructor to an individual or group to improve performance and skills.
- **Events**: Competitive or Recreational cycling events in all disciplines (road, track, mountain bike, cyclo-cross BMX Racing, BMX Freestyle, Para-cycling, ESport)

This supplement has been developed with reference to the AusCycling Guidelines to the conduct of Cycling Activities in a COVID-19 Environment and the [Australian Institute of Sport (AIS) Framework for Rebooting Sport in a COVID-19 Environment](http://auscycling.org.au), noting that there will be some instances where the SA’s approach differs as noted below.

**LET’S RIDE TOGETHER**
About Cycling in South Australia

Cycling in South is administered by AusCycling state management. The AusCycling South Australia office is responsible for ensuring that the COVID-19 supplemental guidelines for cycling meet the requirements for the SA and keep them updated. Additionally the AusCycling South Australian Office has specific COVID Safety Plans.

SA Specific Information 1 November 2020
The following information is additionally specific to the AusCycling Guidelines for the Conduct of Cycling in a COVID-19 Environment.

<table>
<thead>
<tr>
<th>GENERAL REQUIREMENTS</th>
<th>RECREATIONAL RIDING AND TRAINING</th>
<th>COACHING AND INSTRUCTION</th>
<th>EVENTS AND COMPETITION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical distancing measures must still be followed.</td>
<td>Indoor sport comprised of a fitness class must retain contact tracing records.</td>
<td>Communal changing rooms, shower facilities and sauna or spa facilities and toilets is permitted.</td>
<td>Purchase and consumption of food or beverages (including alcohol) is permitted as long as no communal food or beverage service areas are used (i.e. buffets, salad bars, water/beverage dispensers).</td>
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<tr>
<td>1 person per 2 square metres.</td>
<td>Indoor sport (including sports training) activities and indoor fitness or recreation activities do not need to maintain contact tracing records.</td>
<td>Team sharing of food during and after training and competition is not permitted (i.e. half time oranges, recovery food etc).</td>
<td>Purchased food or beverages can must be consumed while seated.</td>
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<tr>
<td>1.5 metres between people.</td>
<td>Room/venue limits will be subject to the 1 person per 2 square meters rule. Size of the room will determine capacity.</td>
<td>As organised cycling falls under the umbrella of a designated public activity – it is necessary to have a COVID Marshal at all events and organised activities (eg training).</td>
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<td>Room/venue limits will be subject to the 1 person per 2 square meters rule.</td>
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<td>When there are more than 200 people in attendance – this needs to be an exclusive duty. The 200 people includes participants, spectators, volunteers, officials and anyone else attending the event.</td>
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</tbody>
</table>
Communication
Communication of this plan and other AusCycling COVID-19 resources to members and clubs will be done through direct emails and via the AusCycling Website.

More Information and Resources
AusCycling has collated and developed several COVID-19 resources to ensure cycling activities can be conducted in a safe fashion. More information including templates are now available at http://auscycling.com.au

For more information please contact AusCycling South Australia General Manager – Lachie Ambrose – lachie.ambrose@auscycling.org.au