

## **Avout Racing Protocols Updated January 22, 2021**

The safety of our athletes, parents, and coaches is our number one priority, and we are committed to limiting exposure to COVID-19. In evaluating the latest guidance from the CDC, we feel like we can hold Inspire Juniors practices. <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html> <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

We will continue to monitor the situation and follow the advice of expert medical sources. Our protocols and juniors program may change based on new information.

### **KEY POINTS FOR OUTDOOR CYCLING ACTIVITIES**

- Outdoor recreation presents a low risk of transmission
- Mountain biking provides natural distancing, due to the nature of the sport
- Cycling is a healthy outdoor exercise recommended by government guidelines
- Outdoor recreation creates a sense of normalcy for children
- Outdoor recreation provides many physical and mental benefits

### **GROUP SIZES**

Group sizes will be set according to the latest recommendations from health authorities. We may need to limit parent participation to achieve these numbers.

### **GROUP MAKE UP**

We will split the team into age and/or ability groupings. You must sign up in advance to be able to participate in your group's practices (both juniors and parents). We will strive to minimize changes in group participants. Riders must ride with their assigned group and are not able to tag along with another group.

### **SCREENING**

All participants (coaches, athletes, and participating parents) and anyone they live with must have no signs or symptoms of COVID-19 in the past 14 days. If a person has had a documented COVID-19 infection, they will need a note from their doctor indicating they are cleared to participate. All team members must complete the TeamSnap Health Check before attending a team practice or event. The Health Check will open 8 hours before the event start.

### **PHYSICAL DISTANCING**

Athletes, coaches, and parents should maintain a physical distance of 6 feet between one another and other trail users.

### **PERSONAL PROTECTIVE EQUIPMENT**

Athletes, coaches, and parents should wear masks if required by local regulations. All participants must have a buff or mask available to put on when needed.

## HYGIENE

Athletes and coaches should not touch each other and should not share any objects of any kind. If touching of equipment is necessary (such as in an equipment malfunction) individuals should use hand sanitizer before and after. Coaches, athletes and parents all are required to carry some form of hand sanitizer. Individuals are not to spit or blow their nose on the trail – bring tissues to use instead. All participants must wash hands before and after practices. Consider keeping a water jug, soap, and towels in your car.

## AVOID CONTACT

We will avoid skills, drills, and games that involve touching or sharing of equipment, and will not teach skills that require spotting or supporting the athlete. Games and activities that put athletes within 6 feet of each other will also be avoided.

## GREETINGS

Shaking hands, hugging, and high fives are forbidden.

## MINIMIZING RISK OF INJURY

Steps will be taken by coaching staff to minimize the risk of injury. Injuries may potentially require physical contact between coach and athlete and also clinic/hospital visits and should be avoided to the best extent possible.

## FIRST AID

Each group will have a coach/parent with a first aid kit. If needed, first aid will be administered following the [current Covid-19 guidelines](#) of the Red Cross. For minor injuries, such as scrapes and small cuts, the athlete may be directed to clean/treat the wound with guidance from a coach, following social distancing protocols. A coach or parent will put on gloves (supplied in first aid kit) if physical contact is needed.

## PICK UP & DROP OFF

Parents and guardians picking up and dropping off athletes will be encouraged to wear masks and keep at least 6 feet distancing from others. Please consider staying in your car. Avoid the temptation to get out and greet others. Staggered pick up and drop off times may be used to avoid large gatherings. Being on time is essential.

## RIDING LOCATIONS

We'll strive to use trails that are less crowded. We may use lightly travelled roads if appropriate.

## TRAILHEAD ETIQUETTE

Steps will be taken to avoid crowding at busy trailheads and meeting locations. Time spent at trailheads will be minimized, and pickups and drop-offs will be as brief as possible. When appropriate, groups may instead meet away from the trailhead in a parking lot or at a safe rideable location to the trailhead, such as a school.

## TRAIL ETIQUETTE

This is an especially sensitive time for interactions between trail users. It is both a responsibility and an opportunity for team to promote good trail etiquette. Various types of positive behaviors will be taught and practiced, including communication, sharing space, yielding, distancing (and turning away from passing trail users), using masks if needed, appropriate rest stop locations, speed control, and other types of etiquette that are unique during the pandemic. We will incorporate IMBA's guidelines: <https://www.imba.com/mountain-bike-covid-19-faq>

## EQUIPMENT

Bikes must be in excellent riding condition. To minimize contact, coaches will be instructed to not work on a bike unless absolutely necessary.

## NO SHARING OBJECTS - SELF SUFFICIENCY

Participants must be self-sufficient and provide everything they need for the ride. The coaches will not supply anything to the athletes and sharing or borrowing shall be avoided. All participants will need to bring helmet, bike shoes, gloves, sunglasses and/or clear/amber glasses, tube fitting your bike, air (cartridges or pump), multi-tool, water, small bottle of hand sanitizer, buff or mask, tissues, and needed medications (epipen, inhaler). If there needs to be any sharing of equipment, hand sanitizer must be used before exchanging.

## INFECTION RESPONSE

If athletes or coaches test positive for Covid-19, the program will discontinue until an appropriate response is formulated.

## TRACKING

We will maintain a detailed log to enable contact tracing if it becomes necessary.

## STAFF PLAN

A staffing plan is in place for coach/parent leader substitutions if a coach is unable to attend.

## COMMUNICATIONS

Expect weekly communications and updates. We are in a time of change and will adapt our programs as needed.

## USEFUL LINKS:

NPR: Concise info [in cartoon form](#) for kids

## WHO, CDC, STATE, COUNTY GUIDELINES

[Link to](#) World Health Organization

[Link to](#) World Health Organization Myth Busters Page

[Link to](#) CDC Protect Yourself

[Link to](#) Colorado Covid-19 Information

[Link to](#) Jefferson County Covid-19 Information