



COVID-19 SAFETY PLAN FOR MTB CLUBS

LAUNCESTON MOUNTAIN BIKE CLUB INC.

Club	Launceston Mountain Bike Club Inc. (LMBC)
Location(s) of Club Activities	Multiple public and private land holdings, public and private roads and council owned land. Locations are dependent on the event being held.
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Version	1-1 as at 05-Oct-2020
<p>LMBC Vice President is responsible for this document LMBC Committee endorsement date: 05-Oct-2020</p>	

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1. Introduction

The purpose of this COVID-19 Safety Plan (**Plan**) is to provide an overarching plan for the implementation and management of procedures by LAUNCESTON MOUNTAIN BIKE CLUB INC. (**the Club**) to support the Club, its members and participants in the staged resumption of community sport and club activities.

The arrangements set out in this Plan are intended to prevent the transmission of COVID-19 among members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community. The Plan provides the framework to govern the general operation of the Club, any facilities it controls, the participating/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at Club activities.

This Plan includes, but is not limited to, the conduct of:

- a. staged training and competition activities (sport operations); and
- b. facility management and supporting operations (facility operations).

At all times the Plan is subject to all regulations, guidelines and directions of government and public health authorities, with a focus on the Club's relevant State/Territory directives.

MTBA have made some sport specific changes to the original COVID-19 Safety Plan issued by Sport Australia to assist clubs with developing a plan specific to their club environment.

2. Key Principles

This Plan is based on, and accepts, the AIS [Framework for Rebooting Sport in a COVID-19 Environment](#) (**AIS Framework**) and the [National Principles for the Resumption of Sport and Recreation Activities](#) (**National Principles**).

This Plan is also based on relevant material contained within the Outdoor Council of Australia [Framework for Rebooting Outdoor Activities in a COVID-19 Environment](#) (OCA Framework) and the National Principles for the Resumption of Outdoor Activities contained within the OCA Framework and the Activities.

The Plan also makes reference to the [MTBA Guidelines for the Resumption of MTB Activities](#), which is developed to provide sport specific recommendations for mountain bike clubs.

The Plan also accepts as key principles that:

- The health and safety of members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community is the number one priority;
- Members, participants, coaches, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on the Club's return to sport/ activity plans;
- Locations and facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19;
- Training cannot resume until the arrangements for sport operations and facility operations are finalised and approved, if necessary; and
- At every stage of the return to sport/ activity process the Club must consider and apply all applicable State and Territory Government and local restrictions and regulations. The Club needs to be prepared for any localised outbreak at an activity including competitions or in the local community.

3. Responsibilities under this Plan

LAUNCESTON MOUNTAIN BIKE CLUB INC. retains the overall responsibility for the effective management and implementation of the return to sport and mountain bike activities and operations outlined in this Plan.

The Executive Committee of LAUNCESTON MOUNTAIN BIKE CLUB INC. is responsible for:

- Approving the Plan and overseeing the implementation of the arrangements in the Plan; and
- Revising the Plan as required, ensuring it reflects up to date information from government and public health officials.

The Executive Committee has appointed the following person as the Club's COVID-19 Safety Coordinator to execute the delivery of the Plan and to act as a point of contact for information relating to this Plan:

Name	Jamie Wise
Contact Email	jwise@dbtrans.com.au
Contact Number	0439037184

The Executive Committee expects all members, participants, coaches, officials, administrative staff and volunteers to:

- Comply with the health directions of government and public health authorities as issued from time to time;
- Understand and act in accordance with this Plan as amended from time to time;
- Comply with any testing and precautionary measures implemented by the Executive Committee;
- Act with honesty and integrity in regard to the state of their personal health and any potential symptoms; and
- Monitor their health and take a cautious approach to self-isolation and reporting of potential symptoms.

4. Return to Sport/ Activity Arrangements

As at the date of this Plan, Club activities are operating at Level C of the AIS Framework. The Plan outlines specific sport requirements that the Club will implement for Level B and Level C of the AIS Framework.

The Club has referred to the [MTBA Guidelines for the Resumption of MTB Activities](#) and the [table summarising](#) these guidelines for sport specific information on protocols & procedures to implement across both Level B and Level C.

4.1 AIS Framework Arrangements

The protocols for conducting sport operations and facility operations under Level B and Level C of the AIS Framework are set out in the Appendix.

4.2 Roadmap to a COVIDSafe Australia

The Club will also comply with the Australian government’s [Roadmap to a COVIDSafe Australia](#), which places limits on the type of activity that can be conducted and the number of people who can gather at facilities, notwithstanding the activities permitted by the AIS Framework (see below).

AIS Activities	Level A: Training in no more than pairs. Physical distancing required.	Level B: Indoor/outdoor activity. Training in small groups up to 10 people. Physical distancing required.		Level C: Full sporting activity (training and competition) allowed. No restriction on numbers. Contact allowed.	
Roadmap Activities	N/A	Step 1: No indoor activity. Outdoor sport (up to 10 people) consistent with AIS Framework.	Step 2: Indoor/outdoor sport up to 20 people. Physical distancing (density 4m ²).	Step 3: Venues allowed to operate with up to 100 people with physical distancing. Community sport expansion to be considered consistent with AIS Framework.	Further steps TBC

5. Recovery

When public health officials determine that the outbreak has ended in the local community, the Club will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. The Club will also consider which protocols can remain to optimise good public and participant health.

At this time the Executive Committee of the Club will consult with key stakeholders to review the delivery of its return to sport arrangements and use feedback to improve organisational plans and systems.

Appendix: Outline of Return to Sport/ Activity Arrangements

Part 1 – Sport Operations

Area	Plan Requirements (for activities under AIS Framework Level B) Cycling Races, Social Rides, Instruction, Practice and Training Rides	Plan Requirements (for activities under AIS Framework Level C) Cycling Races, Social Rides, Instruction, Practice and Training Rides
Approvals	<p>The Club must obtain the following approvals to allow a return to group activities at Level B:</p> <ul style="list-style-type: none"> • State/Territory Government approval of the resumption of community sport. • Relaxation of public gathering restrictions to enable group activities to occur. • Local government/venue owner approval to training at venue, if required. • National/State sporting body/local association approval of return to club activities. • Club committee has approved return to Club activities. • Insurance arrangements confirmed to cover training. 	<p>The Club must obtain the following approvals to allow a return to racing/competition at Level C:</p> <ul style="list-style-type: none"> • Relaxation of public gathering restrictions to enable racing/competition to occur. • Local government/venue owner approval to racing/competition at venue, if required. • National/State sporting body/local association approval to return to competition for community sport. • Club committee has approved return to racing/competition for the Club. • Insurance arrangements confirmed to cover racing/competition.
Group activities	<ul style="list-style-type: none"> • No gravity focussed cycling events, such as gravity enduro or downhill events will be conducted. • Athletes will be required to avoid cycling in the slipstream of others and maintain a 10m distance from cyclists in front. Avoid packs of greater than 2. • Spectators will be separated from athletes where possible by bunting and barriers. Spectators are to maintain physical distancing of at least 1.5m at events. • Social rides and group training and any skills clinic activities will be limited to groups of no more than 10 participants including instructor(s). No contact should occur between person to person including high fives/hand shaking, no socialising or group meals. • A distance for groups should be maintained at all times, with 4 square 	<ul style="list-style-type: none"> • The Club will follow the AIS Framework principles for full sporting activity to be conducted in groups of any size (subject to COVID Safe Roadmap) including full contact. • As at 26 June 2020 - Group activities for cycling permitted under the Tasmanian State Government Road to Recovery Plan under Stage 3. This allows for outdoor events up to 500 including all support personnel and indoor events up to a maximum of 250 with 2 square metre per person to apply where possible and physical distancing (>1.5 metre) • Limit unnecessary social gatherings by practising physical distancing of 1.5 metre. • For race cycle events no restrictions apply and a return to normal cycling standards can occur during the race. • MTBA medical requirements of two qualified first aid staff are to be

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	<p>metre per person and physical distancing (>1.5 metre).</p> <ul style="list-style-type: none"> • Hand sanitiser is to be provided and made available on the arrival at all events, this includes before any paperwork or office stationery is utilised. This includes sanitary wipes and sprays to ensure that surfaces cleaned prior, during and at the end of usage. • No sharing of personal equipment is to occur. • Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing). • An attendance register is to be kept for all group activities. • Prepare a contingency plan for absenteeism among volunteers and staff. • Given the limitations on group riding as per the AIS Framework, the Club would consider suspending all operations and cancelling and/or postponing events in the event of Level B restrictions applying. 	<p>present at each event.</p> <ul style="list-style-type: none"> • For gravity focussed cycling events, such as gravity enduro or downhill MTBA regulations will apply and qualified first aid medical officers will attend each event such as St Johns Ambulance service. • The Club will arrange online registration and event fee payment to be completed prior to the event day where possible. This will reduce the requirement for on event day social interactions and handling of stationery and payment to reduce risk of possible transmission of COVID-19. • Event participants will be asked to arrive ready to participate no more than 30 minutes to 1 hour prior to the event start time. As part of this athletes will be advised on registration and/or prior to the event. • Event participants will be required to leave as soon as practicable after the event to reduce social interaction. • No post-training social activities are to be conducted. • Social rides and group training and any skills clinic activities can occur with unrestricted numbers (compliance with State government requirement to apply from 26 June 2020). No contact should occur between person to person including high fives/hand shaking, no socialising or group meals. • A distance for groups should be maintained at all times, with 2 square metre per person to apply where possible and physical distancing (>1.5 metre). • Hand sanitiser is to be provided and made available on the arrival at all events, this includes before any paperwork or office stationery is utilised. This includes sanitary wipes and sprays to ensure that surfaces are cleaned prior, during and at the end of usage. • Participants should only handle their own equipment (bikes, bidons, nutrition and towels) and not touch the equipment of others. • Participants should bring their own filled bidons (no use of water taps). • Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing). • An attendance register is to be kept for all group activities.

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		<ul style="list-style-type: none"> • Prepare a contingency plan for absenteeism among volunteers and staff.
Personal health	<ul style="list-style-type: none"> • The message provided to members and event participants including spectators, volunteers, coaches/instructors, is to not attend events if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). • Washing of hands prior to, during and after activity and use of hand sanitiser where available is to be advised and promoted. • Avoid physical greetings (i.e. hand shaking, high fives etc.). • No sharing of personal equipment. • Spitting and clearing of nasal/respiratory secretions strongly discouraged. 	<ul style="list-style-type: none"> • The message provided to members and event participants including spectators, volunteers, coaches/instructors, is to not attend events if unwell (including any signs/symptoms of cold, flu, COVID-19 or other illness). • Washing of hands prior to, during and after activity and use of hand sanitiser where available is to be advised and promoted. • Avoid physical greetings (i.e. hand shaking, high fives etc.). • No sharing of personal equipment. • Spitting and clearing of nasal/respiratory secretions strongly discouraged.
Hygiene	<ul style="list-style-type: none"> • Hand sanitiser is to be provided and made available on the arrival at all events, this includes before any paperwork or office stationery is utilised. This includes sanitary wipes and sprays to ensure that surfaces are cleaned prior, during and at the end of usage. • Soap and hand sanitiser are to be provided at toilet and wash facilities. 	<ul style="list-style-type: none"> • Hand sanitiser is to be provided and made available on the arrival at all events, this includes before any paperwork or office stationery is utilised. This includes sanitary wipes and sprays to ensure that surfaces are cleaned prior, during and at the end of usage. • Soap and hand sanitiser are to be provided at toilet and wash facilities.
Communications	<ul style="list-style-type: none"> • Riders participating in events will be advised upon registration the event requirements to comply with the relevant COVID-19 Safety requirements for that specific event. This includes officials and volunteers on return to group activity protocols including hygiene protocols. • This will be communicated through member emails, posts to Facebook page, post to the Club's web page and reinforcement of hand washing and general hygiene etiquette requirements. • Rider briefings to occur through email and Facebook page messages providing instruction on the process to follow to avoid unnecessary social contact. Any at event briefing will be conducted using the 4 square metre per person distancing and will be restricted to a length of no more than 10 minutes in duration. • The Club will encouragement to riders, members, coaches, officials, volunteers and families to download and use the government 	<ul style="list-style-type: none"> • Riders participating in events will be advised upon registration the event requirements to comply with the relevant COVID-19 Safety requirements for that specific event. This includes, officials and volunteers on return to group activity protocols including hygiene protocols. • This will be communicated through member emails, posts to Facebook page, post to the Club's web page and reinforcement of hand washing and general hygiene etiquette requirements. • Rider briefings to occur through email and Facebook page messages providing instruction on the process to follow to avoid unnecessary social contact. Any at event briefing will be conducted using the 4 square metre per person distancing and will be restricted to a length of no more than 10 minutes in duration. • The Club will encouragement to riders, members, coaches, officials, volunteers and families to the download and use the government

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	<p>COVIDSafe app.</p> <ul style="list-style-type: none"> Additional information will also be provided to support riders, members, coaches, officials, volunteers and families by also providing information on how individuals can access mental health and wellbeing counselling services. 	<p>COVIDSafe app.</p> <ul style="list-style-type: none"> Additional information will also be provided to support to riders, members, coaches, officials, volunteers and families by also providing information on how individuals can access mental health and wellbeing counselling services.

Part 2 – Site Operations

Area	Plan Requirements (for activities under AIS Framework Level B) Cycling Races, Social Rides, Instruction, Practice and Training Rides	Plan Requirements (for activities under AIS Framework Level C) Cycling Races, Social Rides, Instruction, Practice and Training Rides
Approvals	<p>The Club must obtain the following approvals to allow use of trails and other public facilities:</p> <ul style="list-style-type: none"> Land manager/venue owner approval to use trails or other facility. Club committee has approved plan for use of trails/public facilities. Insurance arrangements confirmed to cover facility usage. 	<p>The Club must obtain the following approvals to allow use of trails and other public facilities at Level C:</p> <ul style="list-style-type: none"> Land manager/venue owner approval to use trails or other facility. Club committee has approved plan for use of trails/public facilities. Insurance arrangements confirmed to cover facility usage.
Site	<ul style="list-style-type: none"> Outdoor venues for events apply only in line with group restrictions. MTB events, this includes social rides and coaching in open and/or public space. Open or public space includes private land, national parks, crown land, council land and land managed by local and State government entities. Landowner consent and approvals are to be received to avoid exceeding the maximum group size restrictions. Where events occur in the same location then event coordinators must ensure that appropriate distancing of 4 square metre per individual protocols are in place to avoid breaching the >1.5m physical distancing requirement. Under Level B restrictions limits apply to use of toilets and medical facilities. communal facilities are not to be used. Athletes should be 	<ul style="list-style-type: none"> Outdoor and indoor venues for events apply in line with State government restrictions. Advice outlined in MTBA guidelines for the resumption of racing/competition and in compliance with State government Stage 3 Road to Recovery. Hygiene and cleaning protocols measures as per Level B. Provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions as per Level B. Access and use of onsite facilities to apply with 2 square metre space per individual and >1.5 metre protocol to be applied. Toilet and wash facilities should observe Level B protocols as

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	<p>self-sufficient with water and equipment to avoid unnecessary social interaction.</p> <ul style="list-style-type: none"> • Parking at locations should be planned so that social distancing occurs by restricting the number of parking bays available at any location or event. • If any facilities such as toilets or registration requirements occur, such as marquees used, stationery and tables, then cleaning protocols are to be adhered to. Equipment is required to be cleaned and disinfected prior to an event and after use. • Stationary is not to be shared where possible and cleaned before and immediately after use. • Officials using equipment and volunteers such as marshals and first aid officers are to be provided with disposable gloves, face masks and hand sanitiser. • Restrictions on site access and participation in Club activities to limit anyone who has: <ul style="list-style-type: none"> – COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days. – Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing health conditions). – Travelled internationally in the previous 14 days. • Only essential participants are to attend events to minimise numbers; not more than one parent/carer to attend with children; gathering numbers should not exceed government allowances (COVIDSafe Roadmap maximum gatherings: Step 1 (10 people), Step 2 (20 people), Step 3 (100 people)). • Spectators should observe physical distancing requirements (>1.5 metre). • An attendance register is to be kept by event organisers. 	<p>appropriate and disposable paper, hand wash and sanitiser be available for use. If any facilities such as toilets or registration requirements occur, such as marquees used, stationery and tables, then cleaning protocols are to be adhered to. Equipment is required to be cleaned and disinfected prior to an event and after use.</p> <ul style="list-style-type: none"> • Gathering numbers should not exceed government allowances under the State government requirements of 500 for outdoor venues and 250 for indoor, including organisers, volunteers and officials. The 2 square metre space per individual and >1.5 metre protocol to be applied. • Any spectators should observe physical distancing requirements (>1.5 metre) and density requirements (one person per 2 square metre). • Venue access is to be managed where the location prevents or restricts the ability to adhere to the distancing protocols, this may include providing separate entry/exit points, managed traffic flows and staggered arrival/departure times. • Physical distancing protocols to apply including use of zones in event village, start line, technical and feed zones and shuttle areas as per MTBA guidelines. • Event briefings must advise that congregating at the finish line and throughout the event site is not allowed. • Any athlete or team tents, marquees or service areas such as pits are to be positioned to observe Level C distancing protocols. • Any bicycle shuttles are to be organised so that riders are in single file and can observe the with 2 square metre space per individual and >1.5 metre protocol. This includes calling up riders to load their bikes on the shuttle in observation of the protocols. • An attendance register is to be kept by event organisers.

Area	Plan Requirements (for activities under AIS Framework Level B) Cycling Races, Social Rides, Instruction, Practice and Training Rides	Plan Requirements (for activities under AIS Framework Level C) Cycling Races, Social Rides, Instruction, Practice and Training Rides
<p>Management of unwell participants</p>	<ul style="list-style-type: none"> • The Club committee is to be aware and familiar with the requirements to manage symptomatic participants and disinfecting of facilities for all events undertaken by the Club. • Attendees told prior to event to self-isolate at home if any symptoms present. • Event officials and volunteers are to be briefed on how to manage treatment of symptomatic participants and disinfecting of facilities used by participants. • A separate area is to be set aside with a minimum of 4 square metre for isolation/medical requirements for all riders, participants, members, volunteers and their families at the onset of any symptoms including to manage symptomatic participants. • The isolation space is to be used to isolate attendees who become unwell at an activity and cannot leave immediately. The isolation area will be equipped with necessary PPE supplies to facilitate hand hygiene and respiratory etiquette, such as face masks and gloves. • Ensure volunteers understand that participants who become unwell should be immediately isolated and given a clean disposable facemask to wear. • A single event official/volunteer will liaise with the unwell person while wearing a mask and help the person leave the event as soon as possible. Additional protections (masks, washing, gloves) for activity staff. • Disinfect as appropriate. • The symptomatic person or anyone who subsequently develops a fever, a cough, sore throat or shortness of breath, must contact a doctor or call the Tasmanian public health hotline 1800 671 738 . • The Club’s COVID-19 Safety Coordinator to liaise with public health authorities and facilitate the sharing of information about all symptomatic participants. • Notify MTBA and Communities Tasmania. • Contact participants (refer to attendance register) if an activity attendee subsequently becomes unwell and provide advice on what actions 	<ul style="list-style-type: none"> • Measures as per Level B. • Qualified first aid providers, such as St John Ambulance are to manage their facilities in line with State government requirements and event organisers are to communicate health outcomes in line with the required protocols as per Level B.

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	<p>should be taken.</p> <ul style="list-style-type: none"> Contact information must be kept for all persons for contact tracing purposes, including name, email address, mobile phone number and date/time period of patronage (time in/time out) for a period of at least 56 days. 	
Club responsibilities	<p>The Club will oversee:</p> <ul style="list-style-type: none"> Provision and conduct of hygiene protocols as per the Plan. The capture of a record of attendance at all training and Club activities and maintaining an up-to-date log of attendance. Coordination of Level B field and training operations. Operation of the Club's activities in support of all Level B activities in accordance with this Plan. 	As per Level B.