



COVID-19 SAFETY PLAN

Western Sydney Mountain Bike Club

Location(s) of Club Activities	Yellomundee Regional Park Springwood Road, Hawksbury Heights Sun Valley Reserve 116 Sun Valley Rd, Sun Valley
Club President	Aubry Hill
Person responsible for this document	Ian Butler (COV19)
Version	3.0

Auscycling

NSW 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.

GENERAL REQUIREMENTS	RECREATIONAL RIDING AND TRAINING	COACHING AND INSTRUCTION	EVENTS AND COMPETITION
End of season awards functions for clubs and associations are permitted to take place, in line with the relevant COVID-19 Safety Plan at the venue at which it is being hosted.	Group rides and training sessions are restricted to a maximum of 30 participants (including riders, coaches and spectators) unless the organiser develops and follows a NSW Government COVID-19 Safety Plan, in which case the maximum is 500 participants.	Training sessions are restricted to a maximum of 30 participants (including riders, coaches and spectators) unless the organiser develops and follows a NSW Government COVID-19 Safety Plan, in which case the maximum is 500 participants.	All events require a COVID Safe Plan: https://www.nsw.gov.au/sites/default/files/2020-07/covid-19-safety-plan-community-sporting-competitions_0.pdf The maximum number of participants (including riders, officials, volunteers and spectators) is 500.
LET'S RIDE TOGETHER			
	Clubs and ride organisers should keep a record of all attendees in case contact tracing is required.	The coach must keep a record of all attendees in case contact tracing is required. Overnight training camps should be avoided.	

NSW Government Office of Sport

Novel Coronavirus (COVID-19) Update

<https://www.sport.nsw.gov.au/novel-coronavirus-covid-19>

Latest Update: Friday, 29 January 2021

From 29 January 2021, changes to restrictions across the Greater Sydney region affect the number of visitors allowed at a residence, outdoor gatherings and capacity limits at weddings, funerals and some venues. There are also changes to the requirements for wearing a face mask.

At this point in time, there are no changes that directly affect community sport gathering numbers and COVID-19 Safety Plan requirements.

Gathering Sizes

- Up to **30 visitors** from any number of households may visit another household on any day. The total number of visitors includes adults and children. (A member of the hosting household is not counted as a visitor.)
- No more than **50 people can gather outside in a public place** which includes public parks, reserves, beaches, public gardens and spaces.
- A maximum of **300 people may attend a wedding or a funeral** subject to the square metres rule applicable at the venue.
- **Up to 25 people are allowed at hospitality venues** before the one person per 4 square metres rule applies.

Face Masks

Under the updated Public Health Order, restrictions have been eased for locations that require wearing of face masks. Full details can be found [HERE](#).

NSW Health continues to recommend the wearing of face masks at retail shopping centres, however this is not mandatory.

For the latest information on public health requirements, please visit the NSW Government's what you can and can't do [webpage](#).

Complying with the Public Health Order - community sport and recreation activities

The latest version of the Public Health Order relating to gathering and movement, including requirements for sport and recreation activities can be found on the [NSW Health website](#).

The Order outlines the following requirements for a community sporting activity (indoors or outdoors) that involves a gathering of more than 20 participants:

From Monday, 7 December 2020:

- The gathering must not exceed a total of 3,000 participants or a maximum of 1 person per 2 square metres, whichever is lesser for outdoor activities, and a maximum of 1 person per 2 square metres for indoor activities, which includes:
 - a **person** engaged in the sporting activity, and
 - an **official** (including a volunteer) involved in the conduct or organisation of the sporting activity, and
 - a **spectator** of the sporting activity.
- The organiser must:
 - develop and comply with a COVID-19 Safety Plan that addresses the matters required by the [COVID-19 safety checklist](#) available on the nsw.gov.au website, and
 - keep a copy of the COVID-19 Safety Plan and make it available for inspection by an authorised officer as requested.

Community sport organisations are strongly encouraged to review the Public Health Order to ensure that they are complying with the requirements.

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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 Western Sydney Mountain Bike Club (**the Club**) to support WSMTB and 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 WSMTB, any facilities it controls, the participating/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at WSMTB 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 Clubs relevant State/Territory directives.

MTBA have made some sport specific changes to the original COVID19 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 WSMTB'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 WSMTB must consider and apply all applicable State and Territory Government and local restrictions and regulations. WSMTB needs to be prepared for any localised outbreak at an activity including competitions or in the local community.

3. Responsibilities under this Plan

WSMTB 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 Committee of WSMTB 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 Committee has appointed the following person as the WSMTB 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	Ian Butler
Contact Email	safety@wsmtb.com
Contact Number	0428 103 939

WSMTB 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 WSMTB;
- 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

The Plan outlines specific sport requirements that WSMTB will implement for Level C of the AIS Framework. WSMTB will not conduct any organised activities at Level B of the AIS Framework.

WSMTB will transition to racing/ competition activities and facility use outlined in Level C of the AIS Framework when permitted under local restrictions and regulations.

WSMTB 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.

4.1 AIS Framework Arrangements

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

4.2 Roadmap to a COVIDSafe Australia

WSMTB 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. 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, WSMTB will consult with relevant authorities to identify criteria for scaling back its COVID-19 prevention actions. WSMTB will also consider which protocols can remain to optimise good public and participant health.

At this time the Committee of WSMTB 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 C)
Approvals	<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 club.
Group activities	<ul style="list-style-type: none"> • Participants will be limited to 500 • Participants will be advised to “Get in, Registration, Participation, Get out” • Races to be run shorter in length/time to reduce overlap on course. • Grades will be separated to minimise interaction and increase distancing. • Registration will be via prepaid, online entry only. • Day licences or race entries will not be processed on race day. • Registration tables will be separated for grades to increase distancing • Defined activity areas for each group, maintaining base density requirement of 2 square metres per person and physical distancing (>1.5 metres). • Race starts will conducted with riders in dedicated rows to maintain the density requirement. Races will be actual race time and NOT gun time. Random race starts may also be used for riders as races are time dependant. • Sanitising stations will be available at registration. • No sharing of personal equipment. • Personal hygiene encouraged (e.g. wash hands prior to training, no spitting or coughing). • Attendance register will be maintained via COVID Safe Check-in • At conclusion of racing, plates may be kept by riders, otherwise if returning place in designated container for sanitising.
Personal health	<ul style="list-style-type: none"> • Any rider, participant, member, volunteer and their families who are unwell, are not permitted to participants at a club activity. • The club will not be testing any rider, participant, member, volunteer and their families, but if they are suspected of being unwell will be directed to leave the activity immediately by the COVID-19 Safety Officer or Club Officer. • Spitting and clearing of nasal/respiratory secretions strongly discouraged.
Hygiene	<ul style="list-style-type: none"> • Washing of hands prior to, during and after activity and use of hand sanitiser is recommended. • Tables and equipment for registration will be cleaned periodically during process.
Communications	<ul style="list-style-type: none"> • Registered riders will be briefed via email prior to race day. There will be no mass briefing on the day. • All other channels of communication that the club uses will still be utilised.

Part 2 – Site Operations (including trackwork)

Area	Plan Requirements (for activities under AIS Framework Level C)
Approvals	<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.
Site	<ul style="list-style-type: none"> • Portable toilet will be onsite however users will be encouraged to sanitise before and after use. • The maximum number of 100 people will be allowed to participate across all grades or at any time. • All persons should observe physical distancing requirements (>1.5 metres) and density requirements (one person per 2 square metres). • Arrival/departure times will be staggered according to race schedule. • Groups will not be permitted to congregate in event village. • Start line area will be marked. • Spectators are not permitted around the track/course. • No presentations will be held after the conclusion of racing. • No facilities for food will be available to avoid congregation. • Team tents/pits are not permitted. • Detailed attendance register to be kept via COVID Safe Check-in
Management of unwell participants	<ul style="list-style-type: none"> • There will no facilities available to manage a person with possible COVID-19. • Any rider, participant, member, volunteer and their families who are unwell, are not permitted to participate at any club activity. • Any rider, participant, member, volunteer and their families who are isolating (either self or advised), are not permitted to participate at any club activity. • The club will not be testing any rider, participant, member, volunteer and their families, but if they are suspected of being unwell will be directed to leave the activity immediately by the COVID-19 Safety Officer or Officer of the club.
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 field and training operations. • Operation of the club's activities in support of all activities in accordance with this Plan.