



Cycling Tasmania's Resumption Guide for Participants in a COVID-19 Environment

Current as of 24th June 2020

This document provides recommendations for participants ('riders') who take part in cycling activities in a COVID-19 Environment.

To ensure the health and safety of all participants **No participants** are to attend if they have any illness or [symptoms of COVID-19](#). Participants must not attend if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19 (cough, sore throat, fever or shortness of breath), even if mild.

Before Arrival:

A number of measures are recommended prior to attending a group cycling activity. These include:

- Review resources from the Australian Government and WHO:
 - [Good hygiene for coronavirus \(COVID-19\)](#)
 - [Hand washing guidance](#)
 - [Keep that cough under cover](#)
 - [Self-isolation \(self-quarantine\) for coronavirus \(COVID-19\)](#)
 - [Advice for people at risk of coronavirus \(COVID-19\)](#)
- Be prepared to have your contact details shared with the State or Territory Health Department in the events of a positive case from a participant in the activity.
- We recommend downloading and activating the [COVIDSafe App](#).





- Be prepared to ‘Get in, Train/Race and Get out’ – participants should only attend the cycling activity as close as practical to the start of any training/race and leave as soon as possible after the end of the activity.

During the activity: ‘Get In, Train/Race’ should include the following strategies:

- Wash your hands upon entering the venue (if applicable).
- Use hand sanitiser upon entering the training area (if applicable).
- Do not share food or drink with other participants outside of your household.
- Comply with the correct cough/sneeze etiquette.
- Do not share any equipment between participants (shared bikes, sign-on pens, helmet covers, radios for volunteers, helmets, etc.).
- Adhere to the physical distancing requirements at all times.

End of Activity: At the end of the activity participants should be ‘Get Out’ including:

- Immediately following the end of the activity sanitise/wash hands and leave the venue.
- Do not socialise or participate in an end of activity.
- Understand that there will be no non-essential activities (e.g. recovery sessions or meetings).

Be aware that if anyone who does do not adhere to the Guidelines may be asked by the Host Organisation or Deliverer to leave immediately.

