



# COVID-19 SAFETY PLAN FOR MTB CLUBS

Gold Coast Mountain Bike Club

<b>Club</b>	Gold Coast Mountain Club
<b>Location(s) of Club Activities</b>	Gold Coast Cycle Centre/Nerang National Park/Other Legal Mountain Bike Trails & Parks in South East Qld.
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<b>Version</b>	1
<b>Andrew Wilson is responsible for this document</b>	



# Table of Contents

<b>1. Introduction</b>	<b>4</b>
<b>2. Key Principles</b>	<b>4</b>
<b>3. Responsibilities under this Plan</b>	<b>5</b>
<b>4. Return to Sport/ Activity Arrangements</b>	<b>5</b>
4.1. AIS Framework Arrangements	5
4.2. Roadmap to a COVIDSafe Australia	6
<b>5. Recovery</b>	<b>6</b>
<b>Appendix: Outline of Return to Sport/ Activity Arrangements</b>	<b>7</b>
Part 1 – Sport Operations	8
Part 2 – Site Operations	10

# 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 GCMTB (**the Club**) to support GCMTB 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 GCMTB, any facilities it controls, the participating/training behaviour of all members and participants and the monitoring and reporting of the health of attendees at GCMTB 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.

Mountain Biking is covered under the Industry COVIDsafe plan- Recreation Activity Providers [https://www.covid19.qld.gov.au/\\_\\_data/assets/pdf\\_file/0026/134783/covid-safe-industry-plan-recreation-activity-providers.pdf?nocache-v1](https://www.covid19.qld.gov.au/__data/assets/pdf_file/0026/134783/covid-safe-industry-plan-recreation-activity-providers.pdf?nocache-v1)

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 GCMTB'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 GCMTB must consider and apply all applicable State and Territory Government and local restrictions and regulations. GCMTB needs to be prepared for any localised outbreak at an activity including competitions or in the local community.

### 3. Responsibilities under this Plan

GCMTB 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 GCMTB 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 GCMTB 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:

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<b>Contact Number</b>	431138179

GCMTB 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 GCMTB;
- 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 14/06/2020, club activities are operating at Level A of the AIS Framework. The Plan outlines specific sport requirements that GCMTB will implement for Level B and Level C of the AIS Framework.

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

GCMTB 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 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

GCMTB 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).

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

## 5. Recovery

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

At this time the Committee of GCMTB 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**

Recreational, Social Rides

Instructing & Coaching Sessions

Racing & Competition

# Part 1 – Sport Operations



Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C)
<b>Approvals</b>	<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"> <li>• State/Territory Government approval of the resumption of community sport.</li> <li>• Relaxation of public gathering restrictions to enable group activities to occur.</li> <li>• Local government/venue owner approval to training at venue, if required.</li> <li>• National/state sporting body/local association approval of return to club activities.</li> <li>• Club committee has approved return to club activities.</li> <li>• Insurance arrangements confirmed to cover training.</li> </ul>	<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"> <li>• Relaxation of public gathering restrictions to enable racing/ competition to occur.</li> <li>• Local government/venue owner approval to racing/competition at venue, if required.</li> <li>• National/state sporting body/local association approval to return to competition for community sport.</li> <li>• Club committee has approved return to racing/ competition for club.</li> <li>• Insurance arrangements confirmed to cover racing/competition.</li> </ul>
<b>Group activities</b>	<p>GCMTB emphasises AIS Framework principle of “Get in, participate, get out”- arrive ready to participate</p> <ul style="list-style-type: none"> <li>• Manage the length and scheduling of activity to reduce overlap.</li> <li>• Small group social rides, small group skills clinics/ coaching sessions of up to 10 participants, no high fives/ hand shaking, no socialising or group meals.</li> <li>• Defined activity areas for each group, maintaining base density requirement of 4m<sup>2</sup> per person and physical distancing (&gt;1.5m)</li> <li>• No sharing of personal equipment</li> <li>• Personal hygiene encouraged (eg. wash hands prior to training, no spitting or coughing)</li> <li>• Attendance register kept for all group activities.</li> </ul>	<ul style="list-style-type: none"> <li>• GCMTB emphasises AIS Framework principles- full sporting event/ activity that can be conducted in groups of &lt;500 participants (subject to COVIDsafe Roadmap) including full contact.</li> <li>• Limit unnecessary social gatherings</li> <li>• Small group social/ coaching &amp; skills clinics as per Level B. Racing &amp; competition as per AIS framework &amp; state directives.</li> <li>• Access to treatment from support staff.</li> <li>• Sanitising requirements to continue from Level B.</li> <li>• Treatment of shared equipment continues from Level B.</li> <li>• Personal hygiene encouraged (eg. wash hands prior to training, no spitting or coughing).</li> <li>• Participant register to be kept.</li> </ul>
<b>Personal health</b>	<ul style="list-style-type: none"> <li>• Graded return to sport to avoid injury.</li> <li>• Advice to riders, committee members, coaches, volunteers to not attend if unwell (including any signs/ symptoms of cold, flu, COVID-19 or other illness).</li> <li>• Washing of hands prior to, during and after activity and use of hand sanitiser where available.</li> <li>• Avoid physical greetings (i.e. hand shaking, high fives etc).</li> <li>• Avoid coughing, clearing nose , spitting etc.</li> <li>• No sharing of personal equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Requirements continue from Level B</li> </ul>
<b>Hygiene</b>	<ul style="list-style-type: none"> <li>• Practise good hygiene before, during &amp; after activity</li> <li>• No sharing of personal equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Hygiene and cleaning measures to continue from Level B</li> </ul>

<b>Communications</b>	<ul style="list-style-type: none"> <li>• GCMTB will brief riders, members, coaches, officials and volunteers and families on return to group protocols (e.g. social media/email) and reinforcement of hand washing and general hygiene etiquette.</li> <li>• GCMTB encourages all riders, coaches, volunteers, and families to download and use the Government COVIDsafe app.</li> <li>• For health advice, including on over the phone nurse assessment of any symptoms call 13HEALTH (13 43 25 84). For mental health support call 1800 61 44 34.</li> </ul>	<ul style="list-style-type: none"> <li>• Group activities as per Level B.</li> <li>• Continued endorsement of Government COVIDsafe app. and encouragement to riders, coaches, members, officials, volunteers and families to download and use app.</li> <li>• Health advice and contacts as per Level B.</li> <li>• Pre race briefings to be communicated online when possible.</li> <li>• Event presentations to be conducted individually (i.e. no podium presentations).</li> <li>• Online event registration only.</li> </ul>
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## Part 2 – Site Operations

Area	Plan Requirements (for activities under AIS Framework Level B)	Plan Requirements (for activities under AIS Framework Level C)
<b>Approvals</b>	<p>The club must obtain the following approvals to allow use of trails and other public facilities:</p> <ul style="list-style-type: none"> <li>• Land manager/ venue owner approval to use trails or other facility..</li> <li>• Club committee has approved plan for use of trails/ public facilities.</li> <li>• Insurance arrangements confirmed to cover .</li> </ul>	<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"> <li>• Land manager/ venue owner approval to use trails or other facility..</li> <li>• Club committee has approved plan for use of trails/public facilities.</li> <li>• Insurance arrangements confirmed to cover facility usage.</li> </ul>
<b>Site</b>	<ul style="list-style-type: none"> <li>• Primary place of activities Gold Coast Cycle Centre, Hope St. Nerang. Nerang National Park with access via Gold Coast Cycle Centre.</li> <li>• Street parking on Hope St. and within Gold Coast Cycle Centre for some events. Participants to self manage appropriate physical distancing until while preparing for event/ activity. Parking arrangements at other venues the same applies.</li> <li>• Regular checking and cleaning of facilities to take place during activities and events.</li> <li>• Signage and markings for physical distancing to be maintained.</li> <li>• Restrictions on site access and participation in club activities to limit anyone who has:- <ul style="list-style-type: none"> <li>-COVID-19 or has been in direct contact with a known case of COVID-19 in the previous 14 days.</li> <li>- Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing health conditions).</li> <li>- Travelled internationally in the previous 14 days.</li> </ul> </li> <li>• Provision of appropriate health and safety equipment, Personal Protective Equipment (PPE) and personal hygiene cleaning solutions.</li> <li>• Only essential participants should attend 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).</li> <li>• Any spectators should observe physical distancing requirements (&gt;1.5m).</li> <li>• Detailed attendance register to be kept.</li> </ul>	<ul style="list-style-type: none"> <li>• Racing permitted across all disciplines with maximum attendance numbers in accordance with Queensland Government directions.</li> <li>• Hygiene and cleaning protocols measures as per Level B.</li> <li>• Provision of appropriate health and safety equipment (PPE) and personal hygiene cleaning solutions as per Level B.</li> <li>• Facility access as per Level B protocols as appropriate.</li> <li>• Events to operate with &lt;500 participants as Queensland Government guidelines.</li> <li>• Any spectators should observe physical distancing requirements (.1.5m) and density requirements (one person per 4m2).</li> <li>• Managed access including separate entry/exit points, managed traffic flows, stagger arrival/ departure times.</li> <li>• Physical distancing protocols (as per Level B) including use of zones in event village, start line, technical and feed zones and shuttle areas as per MTBA guidelines.</li> <li>• Minimal team tents/ pits.</li> <li>• Detailed attendance register to be kept.</li> </ul>

<b>Management of unwell participants</b>	<ul style="list-style-type: none"> <li>• Advise all riders, participants, members, volunteers and their families to leave the event site at the onset of any symptoms. Detailed attendance register to be kept.</li> </ul>	As per Level B.
<b>Club responsibilities</b>	<p>The club will oversee:</p> <ul style="list-style-type: none"> <li>• Provision and conduct of hygiene protocols as per the Plan.</li> <li>• The capture of a record of attendance at all training and club activities and maintaining an up-to-date log of attendance.</li> <li>• Coordination of Level B field and training operations.</li> <li>• Operation of the club's activities in support of all Level B activities in accordance with this Plan.</li> </ul>	As per Level B.