



13 JUL 2020

## COMMENCEMENT OF SPECIALIZED CYCLING TRAINING AND EVENTS DURING LOCKDOWN LEVEL 3

### Preamble

- The return to specialized training and competitive events proposal had been prepared in line with the Government Gazette, Vol. 660 dated 11 June 2020, No. 43434
- It had been compiled and is approved through the signatories of the President and Secretary General of the National Federation, Cycling South Africa.
- It had been approved by the Department of Sport, Art and Culture on 13 July 2020, but is subject to a number of conditions and special risk mitigation plans outlined in the document below.
- It takes into consideration the request from government not to host group (batch) events whilst South Africa is still in a period of 'National State of Disaster' ( as announced on 12 August 2020, extended until 15 August 2020).

A handwritten signature in black ink, appearing to read "Ciska du Plessis - Austin".

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**President**

Ciska du Plessis – Austin

A handwritten signature in black ink, appearing to read "Gregory van Heerden".

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**Secretary General**

Gregory van Heerden



## INTRODUCTION

Cycling in South-Africa is practised on road and trails, in national and private parks or farms, inside a velodrome or at a BMX track facility. Though practice in outdoor holds a lesser risk than some other activities, it remains necessary to practice health and safety measures to curb the spread of the virus and to identify any potential people who might have the virus.

Measures should include:

- Taking consideration of any hotspots on a provincial and national basis;
- reduced travel;
- social distancing measures;
- personal hygiene;
- public hygiene (masks, sanitized environments, adequate ventilation);
- testing;
- regular screening for symptoms associated with COVID-19
- contact tracing, quarantining and treatment.
- Outdoor Cycling Events in comparison with other industries

## GENERAL EXERCISE ON A BICYCLE HAD BEEN ALLOWED UNDER THE FOLLOWING CONDITIONS.

GENERAL EXERCISE / COMMUTING / RIDING		
<b>LEVEL 5</b>	<ul style="list-style-type: none"> <li>- Solo bicycle commuting for a limited distance for essential use to commute</li> <li>- Use of a buff / mask compulsory.</li> </ul>	<ul style="list-style-type: none"> <li>- Roads – closest to home.</li> </ul>
<b>LEVEL 4</b>	<ul style="list-style-type: none"> <li>- Solo bicycle commuting</li> <li>- Solo exercise within own municipality</li> <li>- Couples are allowed (for safety reasons / women / children)</li> <li>- Use of a buff / mask compulsory.</li> </ul>	<ul style="list-style-type: none"> <li>- Open access roads and trails within 5km of home.</li> <li>- No facility use</li> </ul>
<b>LEVEL 3</b>	<ul style="list-style-type: none"> <li>- Social rides applying social distancing and the use of masks required when riding with another or in areas with other users.</li> <li>- Small groups, not larger than 4 are allowed.</li> </ul>	<ul style="list-style-type: none"> <li>- Open access roads and trails</li> </ul>
<b>LEVEL 2</b>	<ul style="list-style-type: none"> <li>- Social rides applying social distancing and precautionary measures.</li> </ul>	<ul style="list-style-type: none"> <li>- Open access roads and trails</li> </ul>
<b>LEVEL 1</b>	<ul style="list-style-type: none"> <li>- Social rides applying social distancing and precautionary measures.</li> </ul>	<ul style="list-style-type: none"> <li>- Open access roads and trails</li> </ul>

The following is based on government’s best practice recommendations and provides rational comparison to other sectors of the economy returning at different stages of the relaxation process in order to apply fair and equitable rule of law while at the same time not increasing the risk of contraction or transmission.



When considering the risk of contracting or transmitting on each level of the Framework for Sectors document, it is important to relate and compare to other industries on varying levels. For example, at this point for level 3:

- Gatherings at churches inclusive of funerals up to 50 people are allowed without the necessity of being tested for Covid-19, but screening compulsory.
- a clothing/textile company who employs 2000 workers on a factory floor is permitted to return to full operational capacity with screening compulsory.
- shopping centres may operate and on a normal weekend day and would welcome 1000's through their doors in a day with sanitizing at entry.

Cycling South Africa is of the opinion the risk to transmit or contract the virus whilst taking part in an outdoor cycling event is less than the examples listed above and under the guidance by the International Cycling Federation (UCI) risk mitigation policies and advise published by the World Health Organization (WHO) are able to assist in implementing safety measures that will allow cycling events to take place, but within a controlled environment.

Knowing that there are no zero risks in the prevention of infectious diseases in general and of COVID-19 in particular, there is a requirement for this strategy along with that of the UCI to be considered a "living" document. It will evolve according to new knowledge and new advances in the field of biotechnology, especially for COVID-19 testing. As such, recommendation for level 4 will be dependant on government guidelines still to be issued.

#### **CYCLING EVENTS BY NATURE:**

- Is a non-contact sport
- Takes place outdoors and does not risk circulated air contamination (with the exception of one track cycling facility in the Western Cape)
- Takes place at venues where space exists and where social distancing can be applied.
- Contributes to freelance employment and even more so to SMME businesses and self-employed individuals, a sector of the economy that is the hardest hit at the moment.
- Provides health and mental health benefit.

Taking into consideration that cycling does however differ from other sport (with the exception of BMX and Track Cycling), exercising on a bicycle had been allowed as part of the general exercise since Lockdown Level 4. This document thus aims to address the management of specialized training of BMX and Track Cycling events (total of 500 competitive athletes across the country), as well as how events can be re-introduced as part of the cycling economy during level 3 onwards.

Cycling South Africa has taken the recommendations of the UCI and WHO under advisement and this forms part of the Risk Mitigation Strategy being proposed as a National Federation. A comprehensive report and policy on procedure recommended by the UCI in consultation with the WHO is available on: [https://www.uci.org/docs/default-source/medical/re-opening-of-the-season---procedures-to-be-followed.pdf?sfvrsn=ae9309e7\\_4](https://www.uci.org/docs/default-source/medical/re-opening-of-the-season---procedures-to-be-followed.pdf?sfvrsn=ae9309e7_4)



## OVERVIEW OF RISK MITTIGATION STRATEGY

	LEVEL 5	LEVEL 4	LEVEL 3		LEVEL 2	LEVEL 1
OBJECTIVES	Drastic Measures to contain the spread of virus	Extreme Precautions to limit community transmissions	Restrictions on activities to reduce risk		Physical distancing restrictions to avoid resurgence	Return to normal with precautionary measures
CYCLINGSA RISK ADJUSTED STRATEGY	<ul style="list-style-type: none"> <li>Non sanctioned activity</li> <li>Commuting solo for essential services,</li> <li>Use of a buff / mask compulsory</li> </ul>	<ul style="list-style-type: none"> <li>Non sanctioned activity.</li> <li>Riding solo, pairs and small groups up to 3 people (for safety reasons in terms of women and children) within own municipality.</li> <li>Social distancing / use of buff / masks compulsory.</li> </ul>	<ul style="list-style-type: none"> <li>Sanctioned club and group activity up to 5 people</li> <li>Use of buff / masks required when riding with another or in areas with other users.</li> <li>BMX and Track Facilities open – permit required.</li> <li>Modified and adjusted events for all disciplines.</li> </ul>		<ul style="list-style-type: none"> <li>Restricted groups as per government guidelines.</li> <li>Use of buff / masks required when riding with another or in areas with other users.</li> <li>Facilities open.</li> <li>Modified and adjusted events for all disciplines.</li> </ul>	<ul style="list-style-type: none"> <li>Return of all sanctioned activity</li> </ul>
WHERE	<ul style="list-style-type: none"> <li>Open access roads</li> <li>No facility use</li> </ul>	<ul style="list-style-type: none"> <li>Open access roads and trails</li> <li>No facility use</li> </ul>	<ul style="list-style-type: none"> <li>All outdoor venues where no circulation of contaminated air can take place therefore overall risk of transmission and further spread of Covid-19 is considered low.</li> </ul>			
COACHING	<ul style="list-style-type: none"> <li>Digital only – in person not permitted</li> </ul>	<ul style="list-style-type: none"> <li>Digital only - in person not permitted</li> </ul>	<ul style="list-style-type: none"> <li>Online and in person 1:5 persons over multiple groups. / time slots</li> <li>Group space – 1:5 m between persons</li> <li>Time gaps for Time Trail Tests – 5 - 15 mins (allow for sanitation / no touchpoints).</li> </ul>		<ul style="list-style-type: none"> <li>Face to face coaching up to max group size as per government guidelines.</li> </ul>	<ul style="list-style-type: none"> <li>Permitted as per normal.</li> </ul>
COMPETITIONS AND EVENTS	<ul style="list-style-type: none"> <li>Not permitted</li> </ul>	<ul style="list-style-type: none"> <li>Not permitted</li> </ul>	<ul style="list-style-type: none"> <li>Start Date 15 Jul 2020</li> </ul>	<ul style="list-style-type: none"> <li>Start Date 1 September 2020</li> </ul>	<ul style="list-style-type: none"> <li>Start Date TBA – government regulations</li> </ul>	<ul style="list-style-type: none"> <li>Start Date TBA – government regulations</li> </ul>
			<ul style="list-style-type: none"> <li>Level 3a events</li> <li>Individual Time Trails               <ul style="list-style-type: none"> <li>Road Cycling</li> <li>MTB XCO</li> <li>MTB Downhill</li> </ul> </li> <li>(Training only for BMX and Track Cycling)</li> </ul>	<ul style="list-style-type: none"> <li>Level 3 b events</li> <li>As per level 3a plus:               <ul style="list-style-type: none"> <li>Small batched events</li> <li>Track Cycling</li> <li>BMX</li> <li>Road Criterium Races</li> <li>MTB Cross Country</li> <li>MTB Enduro</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>As per Level 3 plus:               <ul style="list-style-type: none"> <li>XC Marathon Batch Start events</li> <li>Road Cycling Batch Start events</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>All events.</li> </ul>
SIZE OF EVENTS	<ul style="list-style-type: none"> <li>Nil</li> </ul>	<ul style="list-style-type: none"> <li>Nil</li> </ul>	<ul style="list-style-type: none"> <li>&lt; 50 cyclists</li> <li>Individual timed rides only.</li> </ul>	<ul style="list-style-type: none"> <li>&lt; 300 cyclists / Staff</li> <li>Cyclists batched in batches of 50 and start times staggered to minimize contact between groups</li> </ul>	<ul style="list-style-type: none"> <li>&lt;1000 Cyclists (TBC)</li> <li>Cyclists batched in batches of 50 and start times staggered to minimize contact between groups</li> </ul>	<ul style="list-style-type: none"> <li>&lt;3000 Cyclists (TBC)</li> <li>Cyclists batched in batches of 100 and start times staggered to minimize contact between groups</li> </ul>
SPECTATING	<ul style="list-style-type: none"> <li>Not permitted</li> </ul>	<ul style="list-style-type: none"> <li>Not permitted</li> </ul>	<ul style="list-style-type: none"> <li>Not permitted</li> </ul>	<ul style="list-style-type: none"> <li>Not permitted</li> </ul>	<ul style="list-style-type: none"> <li>Limited and discouraged</li> </ul>	<ul style="list-style-type: none"> <li>Limitations may apply</li> </ul>

### **CONDITIONS FOR ORGANISING SPECIALIZED TRAINING OR COMPETITIONS.**

1. The concrete actions to be implemented for an optimal organisation of cycling competitions or training should be considered according to the national health regulations and the requirements in place as per the different lockdown levels.
2. Recommendations in terms of the following safety elements had been recommended by the appointed National Safety and Compliance Officer: Mace Safety Solutions – Andre Botha.
  - General Mitigation and Risk Management Plans – Safety And COVID 19 Compliance Plans
  - Venue Compliance Officer Checklists At Training / Event Sites
  - Procedures for The Management of Exposure
3. Specific elements has to be taken into consideration as there is a difference between the different areas and the regulations. This had been separated as follows considering the measures required through the regulations provided by government.
  - Specialised Training / racing on a BMX tracks.
  - Specialised Training / racing on a cement track (municipal velodromes).
  - Individualized Time trail events for Mountain Biking and Road Cycling on open roads, in parks, and on trails.
  - Batch starts for Mountain Biking and Road Cycling on open roads, parks, and trails.
  - Once more information is made available, a plan positioned for:
  - Mass starts for Mountain Biking and Road Cycling on open roads, in parks, and on trails.
4. An event setup where 300 cyclists are in attendance and takes place in
  - Open air location with no circulated air – only fresh air.
  - Large venues with ability to apply social distancing
  - Flexible schedules to allow staggering of start times
  - Ability to check temperature
  - Ability to sanitize
  - Ability to provide significant mental health benefits
  - Ability to stagger starts and avoid concentrated gatherings

### **TESTING AND ISOLATION**

5. One of the general principles behind the instructions from the UCI for organising specialized training or competitions between clubs or teams is the creation and maintenance of protective "bubbles" around these clubs or teams.
6. Cycling in South Africa is not practised as a team sport, but a sport for individuals, though they may belong to a club or team. It is one of the major peculiarities of the sport.
7. This is thus not an achievable measure taking into consideration that cyclists exercise and train in isolation generally.
8. The UCI has however made a recommendation for screening of any cyclists that this proposal has taken into consideration – and this will be a basic compliance requirement at any facility (Track and BMX).

### **ATHLETES CONSIDERED TO PRACTICE AT FACILITIES DURING THE LEVEL 3 LOCKDOWN ONWARDS**

9. Riders who are registered members of Cycling South Africa and its associated clubs as competitive athletes (professionals), may participate in Low & Moderate Risk Events during Lock Down levels 3. Once directives are



given, level 2 and level one regulations will be updated to incorporate recreational events for non-members / license holders. These athletes will be issued with a Covid-19 License.

### **TRAVEL GUIDELINES**

10. As per the restrictions and regulations of government.
11. Training within own province only / adhering to national regulations.

### **SASREA EVENT RISK APPLICATION**

12. All events organized still needs to adhere to the general SASREA requirements and permit applications.



## GENERAL MITIGATION AND RISK MANAGEMENT PLANS – SAFETY AND COVID19 COMPLIANCE PLANS OVERVIEW

TASK	INSTRUCTION	RESPONSIBLE PERSON	FREQUENCY	PPE	CHECK
COVID 19 procedures	The instruction relating to this procedure is always complied with	<ul style="list-style-type: none"> <li>– Organizer</li> <li>– Safety Officer</li> </ul>	Daily monitoring to be done with all staff	Reusable Mask	Strategic Plan and Risk Assessment
Review of Risk Assessment and Monitoring	The risk assessment is to be monitored daily and reviews are to be done as soon as changes are noted	<ul style="list-style-type: none"> <li>– Organizer</li> <li>– Safety Officer</li> </ul>	Observation to be carried out should any slack in the instructions given	Reusable Mask	Review Daily
Disinfection (Toilets / Food Vending Area / Eating Area / Venue)	All surfaces to be disinfected with a 70% ethanol sanitizer at least 3 times a day, toilets to be disinfected each time after use and all waste is to be disposed of as per biological waste protocol. Mask will be used in the process of disinfection with gloves and face shields. Bins are to be placed in all areas to collect any waste. All bins will be sealed with a NON – PVC Plastic tie strap. Social distancing is to be adhered to 2meters	<ul style="list-style-type: none"> <li>– Organizer</li> <li>– Safety Officer</li> <li>– Waste Management Team</li> <li>– Medical</li> </ul>	Daily	Reusable Mask, Latex Gloves, Face Shield	Daily Check List
Refilling of sanitizer bottles	<p>The following areas needs to be refilled when needed / if applicable</p> <ol style="list-style-type: none"> <li>1. Entry and Exit Points</li> <li>2. Food Vending Area</li> <li>3. Eating Halls</li> <li>4. Toilets</li> <li>5. Wash Basins</li> <li>6. Ticketing Area</li> <li>7. All contact surfaces</li> </ol> <p>Adequate amount of sanitizer is to be made available to refill the station were applicable</p>	<ul style="list-style-type: none"> <li>– Organizer</li> <li>– Safety Officer</li> <li>– Waste Management Team</li> </ul>	Daily activity	Reusable Mask	Daily Facility Check List
Screening and Monitoring	Screening to be done before / after work and on exit and entry to the complex, A fever screening temperature device is to be used when checking temperatures. Any person with a high temperature may not enter	<ul style="list-style-type: none"> <li>– Organizer</li> <li>– Safety Officer</li> <li>– Security</li> </ul>	Daily	Face Shield Mask Latex Gloves	Fever screening register



**VENUE COMPLIANCE OFFICER CHECKLISTS AT TRAINING / EVENT SITES**

NAME OF S/O:
EVENT NAME:
DATE:

Time IN: \_\_\_\_\_ Time Out: \_\_\_\_\_

ITEMS TO CHECK		Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	All entry and exit points have sanitizers and are refilled regularly, disinfection tunnels are in place							
2	All event crew are wearing masks							
3	All security staff at entry points are conducting screening and monitoring.							
3	All ticketing points have protection screens when dealing with public?							
4	Adequate hand washing soap is in place?							
5	All hand washing facilities have paper towels only?							
6	All public are wearing face masks before and during the event							
7	Adequate ventilation is provided in all areas?							
8	Social Distancing is adhered to and floor space is 2m persons standing							
9	All facilities (Toilets and Vending Areas are hygienic clean) sanitizers are placed at each vendor							
10	Waste removal is carried out regularly							
11	Athletes to provided clearance certificate before any race from medical practitioner							
14	COVID 19 training poster are posted around the work area and on entry							
15	A copy of the Risk Assessment is in place?							
16	A copy of the Exposure Procedure plan is in place?							
17	Mitigation Plan is in place							
MANAGERS SIGNATURE								
DATE								
DIRECTORS SIGNATURE								
DATE								

PROBLEMS FOUND (MUST BE REPORTED IMMEDIATELY)	REPORTED TO:	DATE REPORTED:	REPORTED BY:	ADJUSTMENTS DONE BY:	SIGNATURE:	DATE:

**PROCEDURES FOR THE MANAGEMENT OF EXPOSURE**

**1. PURPOSE**

This standard sets the minimum requirements for events to manage the risk related to the exposure to COVID 19

**2. SCOPE**

The scope includes:

- Training facilitator
- Event Organizer
- Event Crew
- Suppliers
- Public





### 3. RESPONSIBILITIES

The appointed Covid19 Facility / Training / Event Officer will ensure a Healthy event environment for all Public and Crew:

- To educate all on the preventive measure to avoid infection
- Posting of Guidelines in and around the event area of DO and DON'T'S
- Implement a screening process at all entry points to the event area
- Any person with a temperature of 38 degrees or higher is not allowed to enter the event area until a questionnaire is completed to determine if there is an infection
- Ensure hygienic standard in the event area
- To provide sanitizers in the event area, this will include the food vending area, toilets, entry and exit points
- Prevent large gatherings in the event area.
- To encourage social distancing of 2m or more.
- Provide PPE where needed to event crew, face masks are a requirement to enter an event area
- Provide ventilation where needed to promote good respiratory hygiene
- Keep public informed on the development of COVID 19
- To maintain a register with regards to screening
- To offer support in the form of Trauma counsellors should the need arise
- To have a register in place to assist with contact tracing or a detailed list of attendees

### 4. PROCUREMENT

Will provide the following:

- Infrared Thermometer at all entry points
- Fabric Face Masks to event crew
- Hand Sanitizer to be placed at all points of contact

### 5. WHO MAY NOT COME TO THE EVENT?

- Person with a high temperature
- Person with underlying medical conditions, clinical conditions, pregnant and elderly
- A person that is living with a person that is isolated that has been tested positive for COVID 19

### 6. PROCEDURE IF SOMEONE IS ILL

Should member of public develop a high temperature or a persistent cough while at the event, they should:

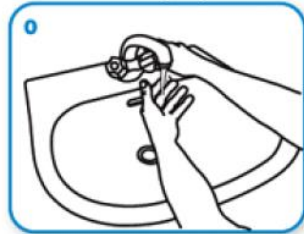
- Isolate themselves until they can leave the event
- Inform the Organizer or Safety Officer and get a directive from them on what to do
- Avoid touching anything
- Cough or sneeze into a tissue, or with a bent elbow, place the tissue into the bin
- Should a person be tested positive for COVID 19, the Department of Health and the NICD, should be notified by use the hotline number provided.
- Isolation Facility

### 7. ACCESS THE EVENT AREA FOR CLEANING

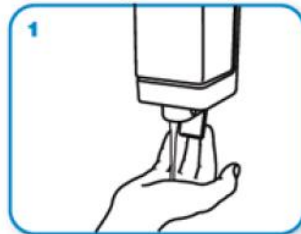
- All employees will wash their hands with a hand sanitizer or with soap and water before and after entering
- To have provided the necessary PPE to ensure adequate distancing and safe work of all staff and public
- Fever Screening to be done before work and recorded on the register and after work

### 8. HAND WASHING

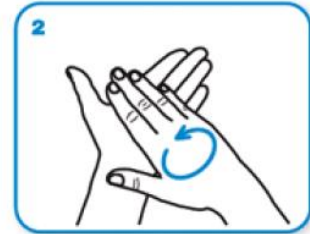
- Every person is to wash the hands regularly with soap and water and with a alcohol based hand sanitizer
- Handwashing technics at a tap or basin is as follows:



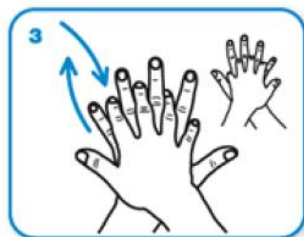
Wet hands with water



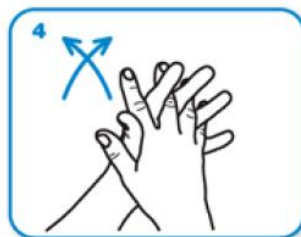
apply enough soap to cover all hand surfaces.



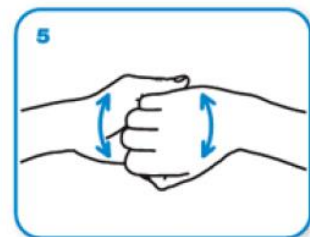
Rub hands palm to palm



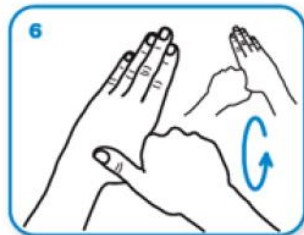
right palm over left dorsum with interlaced fingers and vice versa



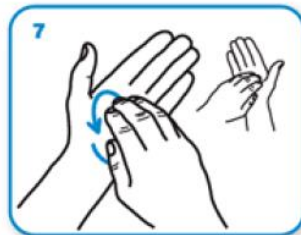
palm to palm with fingers interlaced



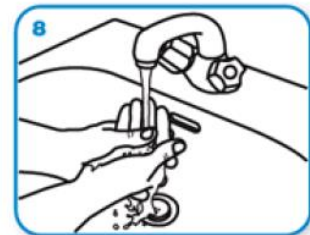
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



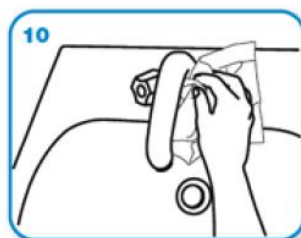
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



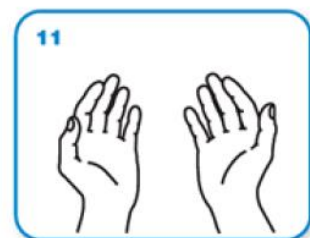
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

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### 9. DEEP CLEANING

All surfaces are to be cleaned and disinfected regularly, attention must be paid to the following surfaces:

- Door Handles
- Stairs Case Handles
- Food Vendors surfaces



- Bar Area
- Public Toilets
- Ticketing area
- Pay points
- Adequate bins are placed in the event area, with attention to Medical Waste Bins

#### 10. RESPIRATORY HYGIENE

- Any person that may sneeze or cough should be considerate to other, cover the mouth nose with a tissue and dispose of it in the bin correctly, or sneeze or cough using a bent elbow.
- Avoid touching your eyes, nose, and mouth

#### 11. SOCIAL DISTANCING

- No formal greeting may take place (Handshake or hugging)
- No touching of any other person
- Social distancing of 2m or more when Standing / Sitting or eating with others
- Avoid close contact with anyone who has a fever or cough

#### 12. PPE

- All Persons will be required to wear reusable cloth masks
- All Persons that use public or any other transport are required to wear their face masks
- All Event Crew will be trained on the use of all PPE
- All Persons will be trained on the disposal method of PPE
- Wash all issued PPE daily after use with soap and water or with a 70% alcohol-based chemical
- All attendees will wear a face mask when attending an event and will not be removed during the event, any person, that is found not wear a mask, will be asked to vacate the venue.

#### 13. TOILETTES / EATING / CHANGING FACILITIES

- All the above areas are to be restricted to minimum use only to adhere to social distancing measures, to prevent overcrowding, additional toilets facility would need to be supplied to adhere to social distancing.
- Tables will be cleaned and sanitized after each use

#### 14. MANAGEMENT OF CREW / PUBLIC WHO HAVE CONTRACTED COVID 19

- Any person that has contracted the virus, will not be allowed into the venue, and should be isolated

#### 15. SUSPECTED EXPOSURE

- All persons with an elevated temperature of 38 degrees will be sent home or isolated until taken away to a medical facility
- Any staff exposed or been touched by an infected person will have themselves tested and isolate or quarantine themselves

#### 16. AWARENESS

- Awareness programmes will be made available during an event and displayed

#### 17. DISCRIMINATION OF THE VULNERABLE

- No person may be discriminated against if to be COVID 19 positive or Negative.

## SPECIALISED TRAINING ON A BMX TRACKS - 15 JULY 2020

RISK MITIGATION MEASURES IMPLEMENTED BY CYCLINGSA	
<b>LEVEL 5</b>	
– No training or use of any facility	
<b>LEVEL 4</b>	
– No training or use of any facility	
<b>LEVEL 3</b>	
<b>OBJECTIVE: REOPEN BMX TRACKS FOR TRAINING PURPOSES UNDER STRICT REGULATIONS AS REQUIRED.</b>	
<b>BACKGROUND:</b>	
<ul style="list-style-type: none"> <li>– BMX is a non-contact cycling sport done on an outdoor track, 350 – 400m, constructed of sand and other raw materials.</li> <li>– The tracks are situated on municipal grounds and private parks.</li> <li>– Access to the tracks can be controlled and social distancing can be maintained.</li> </ul>	
<b>National Authorities to approve plans.</b>	<p><b>NATIONAL SAFETY AND COVID COMPLIANCE OFFICER</b>  Mace Safety Solutions - Andre Botha  Tel: 033 394 0037  Cell: 073 440 3819  Email: <a href="mailto:andre@macesafety.co.za">andre@macesafety.co.za</a></p> <p><b>BMX DIRECTOR:</b>  Margot Gerber  Tel: 071 685 8620  Email: <a href="mailto:bmxcycling@cyclingsa.com">bmxcycling@cyclingsa.com</a></p>
<b>Provincial Authorities to appoint compliance officer to assume accountability at each venue.</b>	<p><b>GAUTENG</b>  <b>Provincial Commissioner:</b> Clinton Orr  <b>Tel:</b> 082 656 6341  <b>Email:</b> <a href="mailto:clinton@robansolutions.co.za">clinton@robansolutions.co.za</a></p> <p><b>KWA-ZULU NATAL</b>  <b>Provincial Commissioner:</b> Travis Goveia  <b>Tel:</b> 083 443 2739  <b>Email:</b> <a href="mailto:travis@qinfotech.co.za">travis@qinfotech.co.za</a></p> <p><b>WESTERN CAPE</b>  <b>Provincial Commissioner:</b> Rickus Muller  <b>Tel:</b> 064 785 9417  <b>Email:</b> <a href="mailto:overbergbmxclub@gmail.com">overbergbmxclub@gmail.com</a></p>
<b>Compliance Officer</b>	The provincial commissioners shall be responsible for the appointment of a responsible <b>COVID OFFICER</b> at all the tracks which will be accountable that all specifications are followed during any training sessions.
<b>Venue Access</b>	<ul style="list-style-type: none"> <li>– The necessary COVID-19 signage inclusive of safety measurement requirements shall be placed.</li> <li>– As clubs share facilities, the access will be coordinated through the provincial authorities of CyclingSA.</li> <li>– All access will be assessed, and permits will be issued for access by the relevant provincial body for clubs and competitive riders to train.</li> </ul>
<b>Venues</b>	<ul style="list-style-type: none"> <li>– <b>ALRODE BMX CLUB:</b> Cnr Dan Jacobs and Bosworth Sts, Alrode South, <b>ALBERTON</b></li> <li>– <b>THE CRADLE BMX CLUB :</b> 520 Kromdraai Road, Kromdraai, <b>KRUGERSDORP</b></li> <li>– <b>KEMPTON PARK BMX CLUB</b> Anemoon Street, Glen Marais Ext 2, <b>KEMPTON PARK</b></li> <li>– <b>GIBA GORGE BMX CLUB:</b> Stockville, <b>KZN</b></li> <li>– <b>PIETERMARITZBURG BMX CLUB:</b> Alexandra Drive, Alexandra Park, <b>PMB</b></li> </ul>



	<ul style="list-style-type: none"> <li>– <b>QUEENSBURGH BMX CLUB:</b> Marlton Road, Northdene, <b>QUEENSBURGH</b></li> <li>– <b>OVERBERG BMX CLUB:</b> Jose Burman Avenue, <b>HERMANUS</b></li> <li>– <b>VELOKHAYA CYCLE ACADEMY:</b> Cnr Kusasa &amp; Makabeni Roads, <b>KHAYELITSHA</b></li> <li>– <b>SONGO.INFO BMX CLUB:</b> Mjandana Street, Kayamandi, <b>STELLENBOSCH</b></li> </ul>																						
<b>Isolation Area</b>	<ul style="list-style-type: none"> <li>– An isolation area shall be setup after the entrance, but separate from all other zones.</li> <li>– Access will only be granted to the Compliance officer and medical assistant on site.</li> </ul>																						
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<b>Register</b>	<p>Information per athlete / official / support staff that will be obtained for tracing:</p> <ul style="list-style-type: none"> <li>– Personal details</li> <li>– Date of entry</li> </ul>																						



	<ul style="list-style-type: none"> <li>- Time of entry</li> <li>- All information for athletes and officials, including Temperature, personal info required in section 6A point (3) A-D (Government Gazette - June 11), start times etc. will be kept for a minimum of 6 months in compliance with regulations.</li> </ul>
<b>PPE</b>	<ul style="list-style-type: none"> <li>- Upon entry, every person will be issued with a cloth mask should he / she not have one.</li> <li>- Between all training sessions masks will be compulsory.</li> </ul>
<b>Face Mask</b>	<p>The face mask can be removed only when the rider puts his/her full face helmet on.</p> <p>BMX riders' practice and compete in specific kit:</p> <ul style="list-style-type: none"> <li>- Full face Racing helmet,</li> <li>- Gloves that covers the fingers,</li> <li>- Long Sleeve Shirt,</li> <li>- Long Pants</li> <li>- Shoes and socks.</li> </ul>
<b>Sanitizer</b>	All hands and equipment to be sanitized upon entry.
<b>Procurement</b>	<ul style="list-style-type: none"> <li>- All clubs have been advised to utilize the PVM Screening and registration app.</li> <li>- Each club will procure all the necessary screening, personal protection and register equipment.</li> </ul>
<b>Bathroom facilities</b>	<ul style="list-style-type: none"> <li>- Discouraged to use.</li> <li>- Bathrooms will be sanitized after every session and soap and running water will be provided.</li> <li>- Only 1 person permitted to use the facilities at a time.</li> <li>- Riders to vacate the premises once their training session is over.</li> <li>- All officials, support staff are required to wear a mask at all times.</li> </ul>
<b>Catering</b>	<ul style="list-style-type: none"> <li>- No catering</li> <li>- No sharing of drinking bottles.</li> <li>- Riders to bring their own refreshments</li> </ul>
<b>Training methodology</b>	<ul style="list-style-type: none"> <li>- 1:5 per coach</li> <li>- No congregation or socializing on the track.</li> <li>- When the rider stops for refreshments, he/she must ensure that social distancing of 1.5 meter is maintained.</li> <li>- When a rider is not training, he/she will wear a face mask</li> </ul>
<b>Training Facilitators</b>	<ul style="list-style-type: none"> <li>- Training facilitators on site will be required to wear masks and adhering to social distancing.</li> </ul>
<b>Training Sessions</b>	<ul style="list-style-type: none"> <li>- 2 Hourly training Sessions by appointment only</li> <li>- 5 riders per group</li> <li>- Should a rider be a minor he/she can only be accompanied by 1 adult adhering to all social distancing and preventive measures.</li> </ul>
<b>LEVEL 2</b>	
As per the updated regulations of government – document to evolve accordingly.	
<b>LEVEL 1</b>	
As per the updated regulations of government – document to evolve accordingly.	



## SPECIALISED TRAINING ON A CYCLING TRACKS – 15 JULY 2020

RISK MITIGATION MEASURES IMPLEMENTED BY CYCLINGSA	
<b>LEVEL 5</b>	
– No training or use of any facility	
<b>LEVEL 4</b>	
– No training or use of any facility	
<b>LEVEL 3</b>	
<p><b>OBJECTIVE: REOPEN CYCLING TRACKS FOR TRAINING PURPOSES UNDER STRICT REGULATIONS AS REQUIRED.</b></p> <p><b>BACKGROUND:</b></p> <ul style="list-style-type: none"> <li>– Track Cycling is a non-contact cycling sport done on an outdoor track, 250 – 400m, constructed of cement.</li> <li>– The tracks are situated on open air municipal grounds, with one enclosed (roofed) track in Bellville, Cape Town.</li> <li>– No clubs have authorization to access the tracks without the approval of the municipality and SAPS.</li> <li>– Access to the tracks can be controlled and social distancing can be maintained.</li> </ul>	
<p><b>National Authorities to approve plans.</b></p>	<p><b>NATIONAL SAFETY AND COVID COMPLIANCE OFFICER</b>  Mace Safety Solutions - Andre Botha  Tel: 033 394 0037  Cell: 073 440 3819  Email: <a href="mailto:andre@macesafety.co.za">andre@macesafety.co.za</a></p> <p><b>NATIONAL TRACK DIRECTOR</b>  Elrick Kulsen  Tel: 081 022 3970  Email: <a href="mailto:trackcycling@cyclingsa.com">trackcycling@cyclingsa.com</a></p>
<p><b>Provincial Authorities to appoint compliance officer to assume accountability at each venue.</b></p>	<p><b>GAUTENG</b>  Eddie Roller  Tel: 082 557 4667  Email: <a href="mailto:eroller@mweb.co.za">eroller@mweb.co.za</a></p> <p><b>KWA-ZULU NATAL</b>  Stephen Marnewick  Tel: 082 820 2342  Email: <a href="mailto:stephenm@sgicar.co.za">stephenm@sgicar.co.za</a></p> <p><b>WESTERN CAPE</b>  Nigel Isaacs  Tel: 079 377 22 12  Email: <a href="mailto:nisaacs@parliament.gov.za">nisaacs@parliament.gov.za</a></p> <p><b>EASTERN CAPE</b>  Stephen Salzwedel  Tel: 082 556 9507  Email: <a href="mailto:stephensalzwedel1@gmail.com">stephensalzwedel1@gmail.com</a></p>
<p><b>Compliance Officer</b></p>	<p>The provincial commissioner shall be responsible for the appointment of a responsible <b>COVID OFFICER</b> at all the tracks which will be accountable that all specifications are followed during any training sessions.</p>

<b>Venues Access</b>	<ul style="list-style-type: none"> <li>– The necessary COVID-19 signage inclusive of safety measurement requirements shall be placed.</li> <li>– As clubs share facilities, the access will be coordinated through the provincial authorities of CyclingSA.</li> <li>– All access will be assessed, and permits will be issued for access by the relevant provincial bodies for clubs and competitive riders to train.</li> </ul>	
<b>Venues</b>	<ul style="list-style-type: none"> <li>– <b>Hector Norris Park</b>, Turfroad, Glenesk, Johannesburg</li> <li>– <b>Pilditch Velodrome</b>, Pretoria West Showgrounds, C/o Miltzan &amp; Soutter Streets, Tshwane</li> <li>– <b>SAX Young Track</b>, Alexandra Park, Pietermaritzburg</li> <li>– <b>Cyril Geoghegan Track</b>, c/o Masabala Yengwa Drive and Goble Street, Durban</li> <li>– <b>Faure Street Stadium</b>, Faure Street, Paarl</li> <li>– <b>Bellville Velodrome</b>, Sportica Crescent, Bellville</li> <li>– <b>Westbourne Oval</b>, Port Elizabeth</li> </ul>	
<b>Isolation Area</b>	<ul style="list-style-type: none"> <li>– An isolation area shall be setup after the entrance but separate from all other zones.</li> <li>– Access will only be granted to the Compliance officer and medical assistant on site.</li> </ul>	
<b>Medical Staff</b>	<ul style="list-style-type: none"> <li>– A qualified medical practitioner to present during all training hours.</li> </ul>	
<b>Athletes</b>	<ul style="list-style-type: none"> <li>– CyclingSA has 250 riders competing in Track Cycling.</li> <li>– These are all full racing competitive cyclists whose in World Championships from the age of 17 years.</li> </ul>	
	<ul style="list-style-type: none"> <li>– Only Coach and/or Mechanic allowed to accompany cyclist during training sessions wearing masks and adhering to social distancing.</li> </ul>	
<b>Cleaning and disinfection of facilities.</b>	<ul style="list-style-type: none"> <li>– The provincial commissioner shall be responsible for the appointment of a responsible <b>COVID CLEANING OFFICER</b> at all the tracks which will be accountable that all specifications to clean and sanitize facilities are followed.</li> <li>– All cleaning staff will be supplied with masks, gloves and the necessary cleaning and sanitizing equipment.</li> <li>– Entry / Exit / Gates / Bathrooms shall be sanitized in between each training session</li> </ul>	
<b>Personal Declaration</b>	<ul style="list-style-type: none"> <li>– Each athlete registering her / her training slot will be required to sign the online personal declaration of status form. The PVM App or similar make provision for this.</li> </ul>	
<b>Testing and screening procedures prior to entry + Register</b>	<ul style="list-style-type: none"> <li>– A register to be completed by the official.</li> <li>– Occupants temperature is taken – no entry if temperature is not below 38C.</li> <li>– Questionnaire shall be completed as they arrive at the gate inclusive of the following measurements:</li> </ul>	
	<i>Fever &gt; greater than 38 C</i>	Procedure Should Someone Arrive with Fever <ul style="list-style-type: none"> <li>– Person will be directed to the isolation area.</li> <li>– Inform the Compliance Officer and get directive from them as to what to do</li> <li>– Call Covid-19 Hotline for advise on how to proceed</li> <li>– Sanitize the area immediately.</li> </ul>
	<i>Temperature above 37 C</i>	4 pts
	<i>Cough and shortness of breath</i>	4 pts
	<i>Cough</i>	1 pts
	<i>Stuffy nose or sore throat</i>	1 pts



	<i>Anosmia</i>	1 pts
	<i>Unusual aches</i>	1 pts
	<i>Unusual headache</i>	2 pts
	<i>Diarrhoea – vomiting</i>	1 pts
	<i>Abnormal fatigue</i>	2 pts
	> or = 6:	No entry + turned away to obtain a COVID 19 test.
<b>Register</b>	Information per athlete / official / support staff that will be obtained for tracing: <ul style="list-style-type: none"> <li>– Personal details</li> <li>– Date of entry</li> <li>– Time of entry</li> <li>– All information for athletes and officials, including Temperature, personal info required in section 6A point (3) A-D (Government Gazette - June 11), start times etc. will be kept for a minimum of 6 months in compliance with regulations.</li> </ul>	
<b>PPE</b>	<ul style="list-style-type: none"> <li>– Upon entry, every person will be issued with a cloth mask should he / she not have one.</li> <li>– Between all training sessions masks will be compulsory as bought.</li> </ul>	
<b>Face Mask</b>	<ul style="list-style-type: none"> <li>– The face mask can be removed only when the rider puts his/her full-face helmet.</li> </ul>	
<b>Sanitizer</b>	<ul style="list-style-type: none"> <li>– All hands and equipment to be sanitized upon entry.</li> </ul>	
<b>Procurement</b>	<ul style="list-style-type: none"> <li>– All provinces have been advised to utilize the PVM Screening and registration app.</li> <li>– Each province will procure all the necessary screening, personal protection and register equipment.</li> </ul>	
<b>Bathroom facilities</b>	<ul style="list-style-type: none"> <li>– Discouraged to use.</li> <li>– Bathrooms will be sanitized after every session and soap and running water will be provided.</li> <li>– Only 1 person permitted to use the facilities at a time.</li> <li>– Riders to vacate the premises once their training session is over.</li> <li>– All officials, support staff are required to wear a mask at all times.</li> </ul>	
<b>Catering</b>	<ul style="list-style-type: none"> <li>– No catering</li> <li>– No sharing of drinking bottles.</li> <li>– Riders to bring their own refreshments</li> </ul>	
<b>Training Methodology</b>	<ul style="list-style-type: none"> <li>– 1:5 per coach</li> <li>– No congregation or socializing on the track.</li> <li>– When the rider stops for refreshments, he/she must ensure that social distancing of 1.5 meter is maintained.</li> <li>– When a rider is not training, he/she will wear a face mask</li> </ul>	
<b>Training Facilitators</b>	<ul style="list-style-type: none"> <li>– Training facilitators on site will be required to wear masks and adhering to social distancing.</li> </ul>	
<b>Training Sessions</b>	<ul style="list-style-type: none"> <li>– 2 Hourly training Sessions by appointment only</li> <li>– 5 riders per group</li> <li>– Should a rider be a minor he/she can only be accompanied by 1 adult adhering to all social distancing and preventive measures.</li> </ul>	
<b>LEVEL 2</b>		
As per the updated regulations of government – document to evolve accordingly.		
<b>LEVEL 1</b>		
As per the updated regulations of government – document to evolve accordingly.		



## INDIVIDUALISED TIME TRIALS - 15 JUL 2020

- Road Cycling
- MTB XCO
- MTB Downhill

RISK MITIGATION MEASURES IMPLEMENTED BY CYCLINGSA	
<b>LEVEL 5</b>	
– No training or use of any facility	
<b>LEVEL 4</b>	
– No training or use of any facility	
<b>LEVEL 3</b>	
<p><b>OBJECTIVE: SELF-ISOLATED TRAINING SESSIONS AS PART OF GENERAL EXERCISE INCLUSIVE OF TIMED TESTS AS REQUIRED FOR INTERNATIONAL PARTICIPATION PREPARATION.</b></p> <p><b>BACKGROUND:</b> Individual training with staggered starts / 5mins intervals / avoiding contact.</p>	
<p><b>National Authorities to approve plans as accountable members of CyclingSA</b></p>	<p><b>NATIONAL SAFETY AND COVID COMPLIANCE OFFICER</b> Mace Safety Solutions - Andre Botha Tel: 033 394 0037 Cell: 073 440 3819 Email: <a href="mailto:andre@macessafety.co.za">andre@macessafety.co.za</a></p> <p><b>CYCLING SA MOUNTAIN BIKING DIRECTOR</b> <b>Greg Stedman</b> Tel: 082 449 2265 Email: <a href="mailto:mtb@cyclingsa.com">mtb@cyclingsa.com</a></p> <p><b>CYCLING SA ROAD CYCLING DIRECTORS</b> <b>Western Cape / Eastern Cape / Norther Cape</b> Ian Goetham Tel: 083 949 4501 Email: <a href="mailto:jangoetham@gmail.com">jangoetham@gmail.com</a></p> <p><b>Gauteng / Limpopo / North West</b> <b>Charles Kros</b> Tel: 082 333 4801 Email: <a href="mailto:Charles.kros1@gmail.com">Charles.kros1@gmail.com</a></p> <p><b>Free State / Mpumalanga / Kwa-Zulu Natal</b> <b>Sean Lucien</b> Tel: 082 897 8032 Email: <a href="mailto:president@kzncycling.co.za">president@kzncycling.co.za</a></p> <p>– Duties may be allocated for assistance to manage compliance by provincial affiliates associated, but authorization only through the National Body.</p>
<p><b>Athletes</b></p>	<p><b>Cycling SA still has to participate in 6 World Championships which had been confirmed for 2020 by the UCI, inclusive of Covid19 consideration.</b></p> <ul style="list-style-type: none"> <li>– The World Road Cycling and Time Trial Championships will take place: 22 – 29 Sept 2020 (Confirmed)</li> <li>– The World MTB XCO Cycling Championships will take place: 5 – 11 Oct 2020 (confirmed)</li> <li>– The World E- MTB Championships will take place: 5 – 11 Oct 2020 (confirmed) – South Africa is the defending champion.</li> </ul>

	<ul style="list-style-type: none"> <li>– The World MTB Downhill Cycling Championships will place: 5 – 11 Oct 2020 (confirmed)</li> <li>– The World MTB Marathon Championships will take place: 22 – 25 Oct 2020 – South Africa will be defending bronze.</li> <li>– Age categories for international participation is 17 years and older.</li> </ul>	
<b>Venues</b>	<ul style="list-style-type: none"> <li>– Open Road or trail venues will be used.</li> <li>– Venue for start/finish must be proven to be able to allow for social distancing.</li> <li>– The necessary COVID-19 signage inclusive of safety measurement requirements shall be placed.</li> </ul>	
<b>Isolation Area</b>	<ul style="list-style-type: none"> <li>– Though training takes place on open roads, it will be required that an isolation area shall be setup separate from all other zones.</li> <li>– Access will only be granted to the Compliance officer and medical assistant on site.</li> </ul>	
<b>Medical Staff</b>	<ul style="list-style-type: none"> <li>– A qualified medical practitioner to present during all training hours.</li> </ul>	
<b>Rider Assistance</b>	<ul style="list-style-type: none"> <li>– Only Coach and/or Mechanic allowed to accompany cyclist during training sessions wearing masks and adhering to social distancing.</li> </ul>	
<b>Training Facilitators</b>	<ul style="list-style-type: none"> <li>– Training facilitators on site will be required to wear masks and adhering to social distancing.</li> </ul>	
<b>Compliance Officer</b>	<ul style="list-style-type: none"> <li>– The venues of the Self-Isolated training sessions will be under the strict control of the compliance official appointed who will oversee compliance within section 6C points 1-5 (Government Gazette - June 11).</li> <li>– This will be monitored by one of the CSA approved safety officers who will be present at the venue as well.</li> </ul>	
<b>Cleaning and disinfection of facilities.</b>	<ul style="list-style-type: none"> <li>– No special facilities other than road and trails required – however in the event of any plans being submitted to use a specific building, cleaning and disinfection of facilities to form part of plans.</li> </ul>	
<b>Personal Declaration</b>	<ul style="list-style-type: none"> <li>– Each athlete registering her / her training slot will be required to sign the online personal declaration of status form. The PVM App or similar make provision for this.</li> </ul>	
<b>Testing and screening procedures prior to entry + Register</b>	<ul style="list-style-type: none"> <li>– A register to be completed by the official upon arrival.</li> <li>– To be done between parking area and start venue for all cyclist.</li> <li>– All arrivals temperature should preferably be taken at the parking area to avoid any contact with other cyclists.</li> <li>– Questionnaire shall be completed as they arrive inclusive of the following measurements:</li> </ul>	
	<i>Fever &gt; greater than 38 C</i>	Procedure Should Someone Arrive with Fever <ul style="list-style-type: none"> <li>– Person will be directed to the isolation area.</li> <li>– Inform the Compliance Officer and get directive from them as to what to do</li> <li>– Call Covid-19 Hotline for advise on how to proceed</li> <li>– Sanitize the area immediately.</li> </ul>
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	<i>Stuffy nose or sore throat</i>	1 pts
	<i>Anosmia</i>	1 pts
	<i>Unusual aches</i>	1 pts
	<i>Unusual headache</i>	2 pts
	<i>Diarrhoea – vomiting</i>	1 pts
<i>Abnormal fatigue</i>	2 pts	
> or = 6:	Highly suspicious – no entry + turned away to obtain a COVID 19 test.	



<b>Register</b>	<p>Information per athlete that will be obtained for tracing:</p> <ul style="list-style-type: none"> <li>– Personal details</li> <li>– Date of entry</li> <li>– Time of entry</li> </ul> <p>All information for athletes and officials, including Temperature, personal info required in section 6A point (3) A-D (Government Gazette - June 11), start times etc. will be kept for a minimum of 6 months in compliance with regulations.</p>
<b>PPE</b>	<ul style="list-style-type: none"> <li>– Any marshal working on the day of training will be issued with masks and the necessary sanitation equipment should this be necessitated.</li> </ul>
<b>Face Mask</b>	<ul style="list-style-type: none"> <li>– Riders will be expected to arrive with masks but will not train with masks.</li> </ul>
<b>Sanitizer</b>	<ul style="list-style-type: none"> <li>– All hands and equipment to be sanitized upon entry / prior to start.</li> </ul>
<b>Procurement</b>	<ul style="list-style-type: none"> <li>– Facilitators have been advised to utilize the PVM Screening and registration app or similar.</li> <li>– Facilitators will procure all the necessary screening, personal protection and register equipment.</li> </ul>
<b>Bathroom facilities</b>	<ul style="list-style-type: none"> <li>– If there are any facilities available at event venues – it is discouraged to be used.</li> <li>– Bathrooms will be sanitized after every session and soap and running water will be provided. Only 1 person permitted to use the facilities at a time.</li> <li>– Riders and parents to vacate the premises once their training session is over.</li> <li>– All officials, staff and parent are required to wear a mask at all times.</li> </ul>
<b>Catering</b>	<ul style="list-style-type: none"> <li>– No catering</li> <li>– No sharing of drinking bottles.</li> <li>– Riders to bring their own refreshments</li> </ul>
<b>Training Sessions</b>	<ul style="list-style-type: none"> <li>– Bookings for self-isolated training sessions or timed tests will be managed electronically.</li> <li>– All bookings must have a unique identifier number which stores each athlete’s personal information including but not limited to the information required in section 6A point (3) A-D (Government Gazette - June 11).</li> <li>– Booking and information on training times for the athlete will be communicated electronically together with all guidelines and limitations.</li> <li>– Submission of medical certificates and disclaimer electronically signed by the athlete when booking their time slot in compliance with section 6E.</li> <li>– Monitoring and compliance (Government Gazette - June 11).</li> </ul>
<b>Training Methodology</b>	<ul style="list-style-type: none"> <li>– Time slots will be designated to all athletes using their ranking (based on prior performance data) meaning that the athlete will be riding after someone of similar skill in order to ensure that they do not catch up with one another.</li> <li>– Each start time will be 5 - 15 minutes (suggested time between starts) apart.</li> <li>– Due to the assignment of slots being based on ranking, athlete will not encounter each other as they will be of a similar level of fitness and skill.</li> <li>– Athletes will be instructed that they may only arrive 10 minutes before their time slot so that they do not encounter any other athlete.</li> <li>– Each athlete will be given 10 minutes to warm up in a designated warm-up zone.</li> <li>– The athlete will have to register with an official who will use their timeslot number to identify them.</li> <li>– Their temperature will be taken again – prior to start and recorded.</li> <li>– Cyclists will leave immediately after completion of their timed test.</li> <li>– Results of tests will be communicated online.</li> </ul>
<b>LEVEL 2</b>	
As per the updated regulations of government – document to evolve accordingly.	
<b>LEVEL 1</b>	
As per the updated regulations of government – document to evolve accordingly.	



## SMALL BATCH EVENTS - 1 SEPTEMBER 2020

- Track Cycling (bunch racing)
- BMX (heats / semi's / finals)
- Road Criterium / Circuit Races (bunch race)
- Mountain Biking (bunch race)

RISK MITIGATION MEASURES IMPLEMENTED BY CYCLINGSA	
<b>LEVEL 5</b>	
- No training or use of any facility	
<b>LEVEL 4</b>	
- No training or use of any facility	
<b>LEVEL 3</b>	
<b>OBJECTIVE: RETURN OF SMALL BATCHED EVENTS FOR COMPETATIVE ATHLETES IN PREPARATION FOR INTERNATIONAL COMPETITIONS.</b>	
<b>BACKGROUND:</b>	
<ul style="list-style-type: none"> <li>- &lt; 300 cyclists and staff on the day.</li> <li>- Cyclists batched in batches of no more 50 with start times staggered to minimize contact between groups</li> <li>- Starting grids with 1,5m social distancing to be applied (E.g. Formula 1)               <ul style="list-style-type: none"> <li>• 10 Rows of 5 each.</li> <li>• Width of start = 6,5m</li> </ul> </li> <li>- Spectators not permitted all.</li> </ul>	
<b>Venues</b>	<ul style="list-style-type: none"> <li>- The necessary COVID-19 signage inclusive of safety measurement requirements shall be placed.</li> <li>- Venue for start/finish must be proven to be able to allow for social distancing.</li> <li>- Venue recommendation similar to Kyalami Race Track (as an example).</li> <li>- An event wanting to host 300 cyclists would need to be able to provide proof that the venue can cater for a spatial allocation of 16sqm per cyclist (8000sqm in the case of an event for 300 cyclists).</li> </ul>
<b>National Authorities to approve plans as accountable members of CyclingSA</b>	<p><b>NATIONAL SAFETY AND COVID COMPLIANCE OFFICER</b>  Mace Safety Solutions - Andre Botha  Tel: 033 394 0037  Cell: 073 440 3819  Email: <a href="mailto:andre@macesafety.co.za">andre@macesafety.co.za</a></p> <p><b>CYCLING SA MOUNTAIN BIKING DIRECTOR</b>  <b>Greg Stedman</b>  Tel: 082 449 2265  Email: <a href="mailto:mtb@cyclingsa.com">mtb@cyclingsa.com</a></p> <p><b>CYCLING SA ROAD CYCLING DIRECTORS</b>  <b>Western Cape / Eastern Cape / Norther Cape</b>  Ian Goetham  Tel: 083 949 4501  Email: <a href="mailto:jangoetham@gmail.com">jangoetham@gmail.com</a></p> <p><b>Gauteng / Limpopo / North West</b>  <b>Charles Kros</b>  Tel: 082 333 4801  Email: <a href="mailto:Charles.kros1@gmail.com">Charles.kros1@gmail.com</a></p>



	<p><b>Free State / Mpumalanga / Kwa-Zulu Natal</b>  <b>Sean Lucien</b>          Tel: 082 897 8032          Email: <a href="mailto:president@kzncycling.co.za">president@kzncycling.co.za</a></p> <p><b>NATIONAL TRACK DIRECTOR</b>  <b>Elrick Kulsen</b>          Tel: 081 022 3970          Email: <a href="mailto:trackcycling@cyclingsa.com">trackcycling@cyclingsa.com</a></p> <p><b>BMX DIRECTOR:</b>  <b>Margot Gerber</b>          Tel: 071 685 8620          Email: <a href="mailto:bmxcycling@cyclingsa.com">bmxcycling@cyclingsa.com</a></p> <p>– Duties may be allocated for assistance to manage compliance by provincial affiliates associated, but authorization only through the National Body.</p>						
<p><b>Athletes</b></p>	<p><b>Cycling SA is preparing to participate in 6 World Championships which had been confirmed for 2020 by the UCI, inclusive of Covid19 consideration – this is subjective to travel bans and special permissions being granted.</b></p> <ul style="list-style-type: none"> <li>– The World Road Cycling and Time Trial Championships will take place: 22 – 29 Sept 2020 (Confirmed)</li> <li>– The World MTB XCO Cycling Championships will take place: 5 – 11 Oct 2020 (confirmed)</li> <li>– The World E- MTB Championships will take place: 5 – 11 Oct 2020 (confirmed) – South Africa is the defending champion.</li> <li>– The World MTB Downhill Cycling Championships will place: 5 – 11 Oct 2020 (confirmed)</li> <li>– The World MTB Marathon Championships will take place: 22 – 25 Oct 2020 – South Africa will be defending bronze.</li> </ul> <p>– Age categories for international participation is 17 years and older.</p>						
<p><b>Compliance Officer</b></p>	<ul style="list-style-type: none"> <li>– The National Chairperson shall be the authority for the approval of appointment of a responsible COVID OFFICER at all sites.</li> <li>– The COVID OFFICER will be accountable that all specifications are followed.</li> </ul>						
<p><b>Isolation Area</b></p>	<ul style="list-style-type: none"> <li>– An isolation area shall be setup after the entrance but separate from all other zones.</li> <li>– Access will only be granted to the Compliance officer and medical assistant on site.</li> </ul>						
<p><b>Medical Staff</b></p>	<ul style="list-style-type: none"> <li>– A qualified medical practitioner to present during all training hours.</li> </ul>						
<p><b>Cleaning, sanitizing and disinfection of facilities.</b></p>	<ul style="list-style-type: none"> <li>– Bathrooms will be sanitized after every session and soap and running water will be provided. Only 1 person permitted to use the facilities at a time.</li> <li>– Riders and parents to vacate the premises once their training session is over. All officials, staff and parent are required to wear a mask at all times.</li> </ul>						
<p><b>Personal Declaration</b></p>	<ul style="list-style-type: none"> <li>– Each athlete registering her / her training slot will be required to sign the online personal declaration of status form. The PVM App or similar make provision for this.</li> </ul>						
<p><b>Testing and screening procedures prior to entry + Register</b></p>	<ul style="list-style-type: none"> <li>– A register to be completed by the official.</li> <li>– Occupants temperature is taken at parking area – no entry if temperature is not below 38C.</li> <li>– Questionnaire shall be completed as they arrive at the gate inclusive of the following measurements:</li> </ul> <table border="1" data-bbox="454 1904 1495 2038"> <tr> <td><i>Fever &gt;greater than 37 C</i></td> <td>4 pts</td> </tr> <tr> <td><i>Cough and shortness of breath</i></td> <td>4 pts</td> </tr> <tr> <td><i>Cough</i></td> <td>1 pts</td> </tr> </table>	<i>Fever &gt;greater than 37 C</i>	4 pts	<i>Cough and shortness of breath</i>	4 pts	<i>Cough</i>	1 pts
<i>Fever &gt;greater than 37 C</i>	4 pts						
<i>Cough and shortness of breath</i>	4 pts						
<i>Cough</i>	1 pts						

	<i>Stuffy nose or sore throat</i>	1 pts
	<i>Anosmia</i>	1 pts
	<i>Unusual aches</i>	1 pts
	<i>Unusual headache</i>	2 pts
	<i>Diarrhoea – vomiting</i>	1 pts
	<i>Abnormal fatigue</i>	2 pts
	> or = 6:	Highly suspicious – no entry + turned away to obtain a COVID 19 test.
<b>Personal Declaration</b>	Each athlete registering her / her training slot will be required to sign the online personal declaration of status form.	
<b>Register</b>	<p>Information per athlete that will be obtained for tracing:</p> <ul style="list-style-type: none"> <li>– Personal details</li> <li>– Date of entry</li> <li>– Time of entry</li> </ul> <p>All information for athletes and officials, including Temperature, personal info required in section 6A point (3) A-D (Government Gazette - June 11), start times etc. will be kept for a minimum of 6 months in compliance with regulations.</p>	
<b>PPE</b>	<ul style="list-style-type: none"> <li>– Any marshal working on the day of training will be issued with masks and the necessary sanitation equipment should this be necessitated.</li> </ul>	
<b>Face Mask</b>	<ul style="list-style-type: none"> <li>– Riders will be expected to arrive with masks but will not train with masks.</li> </ul>	
<b>Sanitizer</b>	<ul style="list-style-type: none"> <li>– Each person to be sanitized on entering the venue (mist tunnel sanitization) and</li> <li>– additional hand sanitizing stations to be located at the venue (1 for every 100 people in attendance).</li> </ul>	
<b>Bathroom facilities</b>	<ul style="list-style-type: none"> <li>– If there are any facilities available at event venues – it is discouraged to be used.</li> <li>– Bathrooms will be sanitized after every session and soap and running water will be provided. Only 1 person permitted to use the facilities at a time.</li> <li>– Riders and parents to vacate the premises once their training session is over.</li> <li>– All officials, staff and parent are required to wear a mask at all times.</li> </ul>	
<b>Catering</b>	<ul style="list-style-type: none"> <li>– No catering</li> <li>– No sharing of drinking bottles.</li> <li>– Riders to bring their own refreshments</li> </ul>	
<b>Event Methodology</b>	<ul style="list-style-type: none"> <li>– Batch Start Times / Start times to be staggered.</li> <li>– Groups will be seeded per age category and according to their national index.</li> <li>– Circuits used of maximum 10km.</li> <li>– Staggering start times will decrease the number of people in attendance at any one time.</li> <li>– Cyclists batched in batches of no more 50 with start times staggered to minimize contact between groups</li> <li>– Starting grids with 1,5m social distancing to be applied (E.g. Formula 1) <ul style="list-style-type: none"> <li>o 10 Rows of 5 each.</li> <li>o Width of start = 6,5m</li> </ul> </li> <li>– No congregation post event – riders to leave venue upon completion.</li> </ul>	
<b>Prize Giving</b>	<ul style="list-style-type: none"> <li>– Prize giving's cannot take place – results shall be posed online.</li> </ul>	
<b>LEVEL 2</b>		
As per the updated regulations of government – document to evolve accordingly.		
<b>LEVEL 1</b>		
As per the updated regulations of government – document to evolve accordingly.		