

Junior Branch - Hayes Primary School

Covid-19 Guidelines and Action Plan

Bigfoot Youth (Junior branch) is resuming coaching sessions following a long break during lockdown. We have assessed our activities and venues alongside official guidance issued by British Cycling and Sport England. In the document we set out our guidelines and action plan to ensure the safe delivery of our activities.

The aim of this guidance is to keep us all safe from the transmission of Covid-19 and we ask all our riders, parents and volunteers to respect and positively engage with the requirements set out in this document. We recognise that this is a new situation for all of us, and we are keen to refine our approach as new guidance is issued, and in response to suggestions from riders, parents and volunteers. This document will be updated to reflect and such changes.

Key principles

- Anyone who has any Covid symptoms or who has been in contact with anyone with Covid symptoms MUST NOT attend sessions.
- Anyone who develops Covid symptoms within 48 hours of attending a coaching session must notify the club immediately by email or telephone.
- Anyone who has Covid symptoms or a confirmed (positive) test should self-isolate for 10 days from the start of the symptoms, in accordance with current Government guidelines.
- All riders and parents/carers must read through this document before attending any sessions.

Arrival and Departure

- All riders will be met and briefed on the driveway near the shelter. Please do not enter the car park area until you have been checked in and have been told which group ("rider bubble") you are in and where your group's cycling zone within the venue is. See the colour-coded image at the end of this document for the location of the three zones.
- Riders are to arrive no earlier than 20mins before the session start.
- Riders and parents should not congregate or chat in the car park.
- Riders should arrive ready to ride (in cycling kit) and ride/walk straight over to their cycling zone as instructed. Riders should only enter the cycling zone when instructed to by the coach.
- Riders should take time, before coming to the session, to check their bikes thoroughly (bike check ABCD – paying particular attention to air, brakes, chain, tyres and 'dangly bits' condition). We will perform a Bike Helmet and Clothing-check at the start of each session. It is suggested parents/helpers watch from the outside the cycling zone and ensure they maintain social distancing from each other, and from riders at all times.
- Riders should not walk from the car park to their cycling zone in groups, but walk 2m away from anyone else.

- If more than one rider arrives at the entrance to the cycling zone at the same time riders should ensure they maintain a 2m gap from other riders.
- At the start and end of each session, riders should use their hand sanitizer and leave the cycling zone while maintaining a gap of 2m to others. Please allow time for others ahead of you to make their way out of the cycling zone.

Contactless/paperless session

- All sessions must be booked in advance, and you may only attend a session if you have booked a place. This is to enable us to limit the number of attendees to the legally-allowed maximum, and to help us deal with any subsequent track and trace requirements. Anyone arriving without booking will not be able to participate and will be advised to book before the next session.
- Riders should not share kit or water bottles, food etc. with others. Ensure you bring adequate drinks and food with you to the cycling zone. Riders will have their break in their "rider bubbles" and will not be permitted to return to the playground shelter to collect any items.
- Attendance will be recorded to facilitate track and trace if necessary.
- Riders should bring their own hand sanitizer. Riders and coaches are expected to apply hand sanitizer before the session starts.
- Riders should not touch or come into contact with coaching equipment, kit or other persons during the session. Coaches will set out, move and collect all equipment. If riders do come into contact, they will need to use their hand sanitizer.

Session setup

- Our coaching sessions will be sub-divided into groups of "rider bubbles". As far as practicable each rider bubble will contain the same members and the same coaches for all sessions during the term. During the coaching sessions it is important that riders do not mix with those from any of the other "rider bubbles".
- Riders must maintain a 2m distance from other riders while riding, especially while overtaking. It should also be highlighted that air flow follows behind a rider, so it is advised that riders maintain bigger than 2m gaps when following a rider, to allow airflow of the rider in front to disperse.
- When joining and exiting the cycling zone riders will be called to do this one at a time to ensure they maintain a 2m gap from all others.
- Coaches will carry hand sanitizer on them, and use this periodically during the session. If they need to touch a rider's bike at any point, they will use hand sanitizer before and after doing so and will do so at a social distance from the rider.

Incidents and accidents

- First aid kit, including PPE will be kept by the lead coach.
- If a coach needs to administer first aid, they should get the rider to administer it to themselves if possible, by providing them with what is needed using gloves. They should then dispose of the gloves in a plastic bag and wash their hands. The rider should dispose of anything they have used in a plastic bag and wash their hands. The plastic bags will be sealed and double bagged before being binned.
- If the coach has to administer first aid to a rider, the coach will wear a face mask, and ask the injured rider to also wear a face mask.

