

MINI Branches - Hayes Primary School

Covid-19 Guidelines and Action Plan

Bigfoot Youth (MINI and MINI+ branches) 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 this 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 MINI and MINI+ young riders (riders), parents/carers 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 our riders, parents/carers and volunteers. This document will be updated to reflect any 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 in accordance with current Government guidelines.
- All riders, parents/carers and volunteers must read through this document before attending any sessions.

Arrival, participation and Departure

- All riders, parents/carers and volunteers 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. Then:

for MINI sessions

All riders, parents/carers and volunteers must at all times social distance and not be in groups larger than permitted by the Government

Everyone must park in / arrive through the car park and gather in the playground in the areas marked with an "A" (see plan below). All riders are to stay with their parents/carers until the Coach starts the session. At the start of the session all parents/carers are to move to the areas "B" and "C", while keeping outside of the cycling zones and are to carry all their and their children's loose articles. Depending on the coaching activities the Coach may restrict the "B" and "C" areas that can be used by parents/carers. This process is to allow those attending the MINI+ session to start gathering in to the "A" areas

At the end of the session all riders, parents/carers are to collect at area “C” for an end of session briefing and then are to leave directly via the car park.

for MINI+ sessions

All riders, parents/carers and volunteers must at all times social distance and not be in groups larger than permitted by the Government

Everyone must park in / arrive through the car park and gather in the playground in the areas marked with an “A” (see plan below). All riders are to stay with their parents/carers until the Coach starts the session. At the start of the session all parents/carers are to move to the areas “A”, “B” and “C”, while keeping outside of the cycling zones and are to carry all their and their children’s loose articles. Depending on the coaching activities the Coach may restrict the “A”, “B” and “C” areas that can be used by parents/carers.

At the end of the session all riders, parents/carers are to collect at area “C” for an end of session briefing and then are to leave directly via the car park.

- Riders and parent/carers are to arrive no earlier than 20mins before the session start.
- Riders and parents/carers should not congregate and chat in the car park.
- Riders should arrive ready to ride (in cycling kit) and wait with their parents/carers and only enter the cycling zone when instructed to by the Coach.
- Riders and parents/carers 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. Parents/carers are to watch from the outside the cycling zone (as detailed above) and ensure they maintain social distancing from each other, and from riders at all times.
- Riders and parents/carers should not walk from the car park in groups, but walk in compliance with the government’s social distancing guidance.
- If more than one rider plus parents/carers arrives at the entrance to the cycling zone at the same time they should ensure they maintain compliance with the government’s social distancing guidance.
- At the start and end of each session, riders and parents/carers should use their hand sanitizer and at the end leave the cycling zone while maintaining gaps in compliance with the government’s social distancing guidance. Please allow time for others ahead of you to make their way out of the cycling zone.

Contactless/paperless session and other rules

- 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, parent/carers and volunteers 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 be permitted to return to their parents/carers to collect any needed items.
- Attendance will be recorded to facilitate track and trace if necessary.

- Riders, parents/carers and volunteers should bring their own hand sanitizer. Riders, parents/carers and coaches/volunteers are expected to apply hand sanitizer before the session starts and periodically during the session.
- Riders and parent/carers should not touch or come into contact with coaching equipment, kit or other person's possessions during the session. Coaches/volunteers will set out, move and collect all coaching equipment. Riders, parents/carers and volunteers should not touch or come in to contact with the bikes, kit, water bottles or other belongings of others at the session. If riders, parents/carers or volunteers come into contact with anything they have been guided to avoid, they will need to use their hand sanitizer.

Session setup

- Our MINI and MINI+ coaching sessions will be regarded as "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 the government required social distance from other riders while riding, especially while overtaking. It should also be highlighted that air flow follows behind a rider, so it advised that riders maintain bigger gaps when following a rider, to allow airflow of the rider in front to disperse.
- When joining and exiting the session riders will be called to do this one at a time to ensure they maintain the government required social distances from all others.
- Coaches and volunteers 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

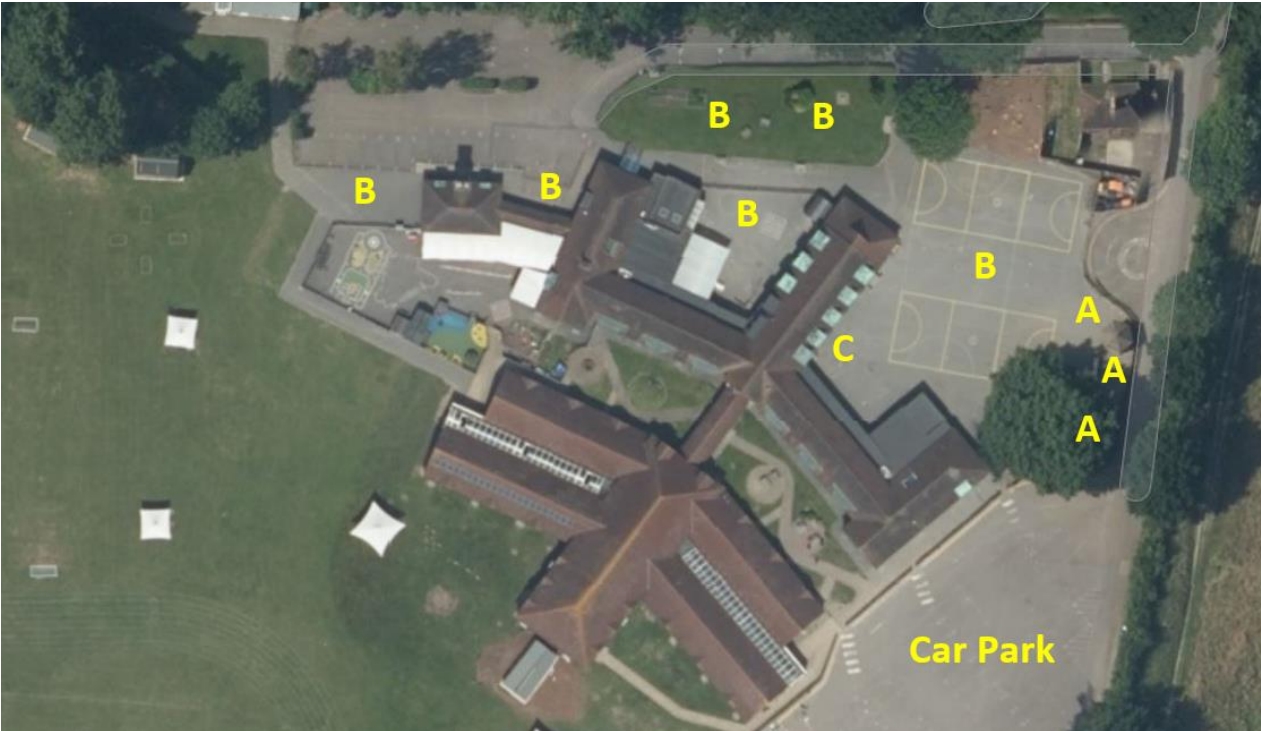
- First aid kit, including PPE will be kept by the lead Coach.
- If a Coach identifies a need to administer first aid, they should get the rider or their parent/carer to administer it to them if possible, by providing them with what is needed using gloves. They should then dispose of the gloves in a plastic bag and wash their hands. The rider or parent/carer 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.
- If an ambulance needs to be called, non-injured riders will be asked to stay where they are and away from the injured rider. One Coach will stay with the injured rider (as can their parents/carers), maintaining a social distance where possible.

Please remember to bring with you:

- Drink and snack
- Hand sanitizer
- Mask

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Updated 15th November 2020