



Youth Branch - Bromley College

Covid-19 Guidelines and Action Plan

Bigfoot Youth (Youth branch) is resuming coaching sessions at Bromley College 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 telephone or email.
- 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

- Riders should take the time before the session to check their bikes thoroughly.
- Riders should arrive no earlier than 10 minutes before the session starts.
- Parents should remain outside of the car park behind the gate/fence where they can observe safely.
- Riders and parents should try to avoid congregating in the access road.
- Riders should arrive ready to ride in cycling kit and go where instructed.
- Riders should not congregate in groups, but maintain a 2m gap from other riders.
- At the start and end of session, riders should use hand gel and leave the venue, avoiding other riders and parents.

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.
- 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 set up

- 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.
- 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.
- If an ambulance needs to be called, non-injured riders will be asked to stay where they are. One coach will stay with the injured rider, maintaining a social distance where possible.

Please remember to bring with you

- Drink and snack
- Hand sanitizer
- Mask

Updated 16 September 2020