

Sport-Specific Protocol: Cycling

Status: Return to Competition
Last Updated: March 24, 2021

Special Olympics



This document is specific to the sport of cycling and is supplemental to the general *Return to Activities Protocol*. It is imperative that cycling programs adhere to any protocol outlined below or in the general *Return to Activities Protocol*. If your facility has rules in place that are stricter than those provided by Special Olympics, those local rules are to be used.

BEFORE PARTICIPANT ARRIVAL

- Ensure venue is disinfected, especially restrooms, staging areas, and any high traffic areas.
- Sanitize bikes, helmets, or other equipment to be used.
- Designate a space for each cyclist to set their gear that is at least 9 feet from another cyclist's space.
- Collect *COVID-19 Code of Conduct* from all attendees (players, screeners, county management, family, etc.).

PARTICIPANT CHECK-IN

- Designate one location to enter the cycling track AND one location to exit.
- Check-in area must be setup so that social distancing can be maintained.
- If possible, check-in area should be setup outside to reduce bottlenecks and close-quarter interactions.
- *Athlete Medical Forms* must be checked as usual.
- Check that each participant has a *COVID-19 Code of Conduct* on-site.
- Must follow the "Onsite Screening Protocol for COVID-19" as outlined in the *Return to Activities Protocol*.
- Collect *COVID-19 Code of Conduct* from all attendees (players, screeners, county management, family, etc.).

BEFORE PRACTICE OR COMPETITION

- Meals are strongly discouraged. If a meal will be served, boxed, or bagged meals are required. Food preparation and packaging must be done by the caterer. Food must be distributed by a caterer-provided person. Napkins and utensils must be provided by the caterer and distributed individually to each participant. No buffets or banquet style meals are permitted. Concession stands run by the facility are allowed to serve.
- Make regular announcements to reinforce the importance of PPE, hygiene, and social distancing.
- Grouping up should be discouraged as much as possible.

DURING ACTIVITY

- Masks are required at all times, except when cycling on the bike.
- Spitting is strictly prohibited.
- Masks are required for driving events if both passengers are not from the same household.
- You may distribute water provided:
 - The person distributing the water is utilizing PPE and proper sanitation procedures.
 - The water is in a sealed container.
 - One person is handling the water and players are not permitted to reach into the water reservoir.
 - Community water coolers should not be utilized.
- Cyclers must sanitize their hands IN THE STAGING AREA prior to getting on the bike.
- Cyclers should sanitize their hands immediately after getting off the bike.
- Helmets and other equipment should be sanitized when completed.

- Tools such as stopwatches, clipboards, microphones or writing utensils should be sanitized periodically if used.
- Social distancing must be maintained at all times.
- It is recommended that spots be marked to show cyclers where to wait while not on the bike.
- No high fives, handshakes, or other direct contact.

AFTER PRACTICE OR COMPETITION

- Players should be encouraged to leave the practice area at the conclusion of practice. Use of restrooms as needed is acceptable.
- Social distancing must be maintained while waiting for rides.

INCLEMENT WEATHER

- Social distancing guidelines will be followed at all times if inclement weather forces activities inside.
- If social distancing cannot be maintained indoors, and there is a chance of inclement weather, all cycling events/activities will be cancelled.

PENALTIES

- Programs that do not adhere to these protocols will be suspended from hosting/participating in cycling for 1 year.
- Cyclers who do not adhere to these protocols may face punishment up to and including suspension from Special Olympics activities.
- Additional punishment may be given to County Management as warranted, on a case by case basis, according to the *Return to Activities Protocol*.