



The Greater Victoria Bike to Work Society |  
Education & Events

## **COVID-19 Safety Protocols for In-School Cycling Courses**

Information for Schools Participating in ERG45 Program

The provincial health authority has stated that outdoor activities are lower risk as compared to indoor activities and low contact sports are also a lower risk than contact sports. Though this is positive reinforcement of the eminence of cycling and cycling education, the health and safety of the public and staff is our top priority. Everyone has a responsibility to help prevent and slow the spread of Covid-19.

The following protocols will support efforts to maintain the health and safety of participants, staff and instructors involved in the ERG45 program.

## What We Are Doing to Manage Physical Distancing and Safe Hygiene:

- **Training:** All instructors must attend a specialized training session prior to teaching any in-person programs. This is to ensure protocols are understood and agreed upon.
- **Group size:** one established learning group for outdoor skills at a time, but preferably one class at a time.

- **Location:**

Day 1: Three options

A) Requesting access to the Learn2Ride online module that students can do independently before the On-Bike skills portion of the course

B) Our instructors deliver a shorter in-class instruction (30-45mins) in an outdoor environment, with 2m physical distancing between students and instructors; (maybe weather determinant)

C) Our instructors deliver a shorter in-class instruction (30-45mins) in an indoor environment with adequate airflow, with 2m physical distancing, and the instructor wears a mask

Day 2: Outdoors to ensure when riding bikes students can keep at least 2 metres apart (approximately 2 arm lengths away) from other riders.

- **Hand hygiene:** Hand sanitizer will be available at every program, and hand washing or sanitizing will be encouraged for everyone before and after. If sinks with soap are available nearby, time will be made for handwashing before starting. Our instructors will wash their hands frequently, and provided with hand sanitizer when hand washing station is unavailable.

- **Personal Protective Equipment:** Instructors are encouraged to always carry a mask and gloves while working in case a situation arises where physical distancing is no

longer possible (e.g., first aid emergency, preventing a fall), or if a participant requests their use. When masks are used, they should be clean, fit appropriately, and be put on with clean hands.

- **Physical distancing:** A 2m distance between instructors and participants will be maintained whenever possible. Keeping in mind that a situation may arise where an instructor may HAVE TO close this distance in the interest of safety (e.g., first-aid emergency, preventing a fall). These considerations will be discussed in the program introduction. Instructors are aware of WorkSafeBC First aid protocols for use during the COVID-19 pandemic.

- **Program materials:** Program bins will contain disinfectant spray (Oxivir Tb) to sanitize the following materials:

- Fleet of bicycles
- Sign posts, lines and stop & multi-use signs
- Small cones
- The program has 25 helmets to lend out and should not be reused between class groups. Used helmets will be collected into a plastic bag, labeled with the date and quarantined for at least three days. If all 25 helmets will need to be used more than once, the instructor will need this knowledge before arriving on the school grounds, as well as have access to water in order to wash the straps with dish soap and water, and let them dry as much as possible between on-bike sessions.

- **Pre-screening/self-disclosure procedure for Instructors:** Instructors cannot conduct in-person work with the public if:

- they have symptoms of COVID-19 (refer to this self-assessment tool from BC Government)

- they, or anybody in their household, are diagnosed with COVID-19, until a minimum period of 10 days or until COVID-19 is resolved by a negative test
- they have travelled outside the province or country in the last 14 days
- they have been directed by Public Health to self-isolate

If an instructor feels any symptoms starting during an instructional session, they must inform teachers/ school administrators and immediately end the session.

- **Post-course disclosure agreement for Instructors:** Instructors must notify Bike Victoria if they experience COVID-19 related symptoms or receive positive COVID-19 test results in the week following the program. Information will be immediately relayed to school administrator or teacher.

### What You Can Do:

- **Equipment:** Participants should make every effort to bring a bicycle in good working order to minimize an instructor's need to touch the bicycle. A fleet of bicycles and helmets are available for use at the request of students without, however, we highly encourage students to bring their own equipment when possible. Participants will be reminded not touch each other's bikes, helmets, personal items, or program materials.

- **Hand hygiene:** Hand washing or sanitizing before and after the program is highly encouraged.

- **Personal Protective Equipment:** Participant mask and glove use is optional and are the participant's responsibility to bring. When a mask is used, it should be clean, fit appropriately, and be put on with clean hands.

- **Pre-screening/self-disclosure procedure for Participants:**

Students are requested to refrain from participating in any program if:

- they are showing COVID-19 related symptoms or have possibly been exposed to someone who has been diagnosed or has symptoms (refer to this self-assessment tool from BC Government)
- they have travelled outside the province or country in the last 14 days
- they have been directed by Public Health to self-isolate

If a participant arrives at a program showing any COVID-19 related symptoms, they will be politely asked to leave immediately

- **Post-course disclosure procedure for Participants:** Principals are encouraged to notify Bike Victoria if they experience COVID-19 related symptoms or receive positive COVID-19 test results at the school in the week following the course.

**Symptoms of COVID-19 likely include but are not limited to:**

- Cough
- Shortness of breath
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

