



MOUNTAIN BIKE AUSTRALIA

Mountain Bike Australia Limited
(MTBA Limited)
ACN 616 027 153

Guidelines for the Resumption of Mountain Bike Activities in a COVID-19 Environment

Distribution

MTBA Chief Executive Officer

MTBA Staff

All MTBA Members & Affiliates (available via MTBA website)

Authorised by the CEO 13 May 2020

Review History

Version	Date	Editor/ Reviewer	Content Reviewed/ Purpose	Date Endorsed
1	11 May 2020	Denise Cox Andrew Miller	Guidelines created	13 May 2020

Disclaimer

Information contained in this document is based on the Australian Government's 3 Step Framework for a COVIDSAFE Australia and the AIS Framework for Rebooting Sport in a COVID-19 Environment as at 13 May 2020. Users of this information **MUST** refer to their relevant State/ Territory or Local Government for up to date directives that are applicable to their location & where necessary, relevant Mountain Bike Australia policies, procedures, framework and remits.

1. Introduction

As the Nation moves towards a relaxing of COVID-19 restrictions for sport and active recreation, Mountain Bike Australia (MTBA) have developed Guidelines for the Resumption of Mountain Bike Activities in a COVID-19 Environment (the MTBA Guidelines) to assist clubs and members with the resumption of mountain bike activities. The MTBA Guidelines address key elements within the [Australian Institute of Sport \(AIS\) Framework for Rebooting Sport in a COVID-19 Environment](#) (the AIS Framework) and the [Outdoor Council of Australia Framework for Rebooting Outdoor Activities in a COVID-19 Environment](#) (the OCA Framework), and the National Principles outlined in each.

It is important to note the MTBA Guidelines must be read in conjunction with the AIS and/or OCA Framework and decisions about resumption of mountain bike activities must take place with careful reference to the National Principles therein and following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant. It is important for clubs and members to check the latest directives issued by the relevant State/Territory or Local Governments for specific directions.

Both the AIS and OCA Frameworks outline a staged approach (Levels A, B, C) to resumption of sport and outdoor activities, to ensure the safety of riders, participants, support personnel and the wider community. The level a club and state/territory are at can vary from between states/territories and even between clubs. MTBA agrees that the priority at all times must be to preserve public health, minimising the risk of community transmission. Cooperation is needed from all clubs, members, the broader riding community and outdoor educators in operating within these guidelines and continuing to adopt good hygiene practices and physical distancing directives.

The MTBA Guidelines focus on racing, recreational and social riding, training and coaching and instruction. Providers of group mountain bike activities under the Australian Adventure Activity Standards are recommended to follow the baseline standards outlined in the OCA Framework and to read the framework in conjunction with the AIS Framework.

2. AIS Framework

The AIS Framework has been developed to inform the resumption of sport as we head out of the COVID-19 crisis and provides minimum baseline standards for **'how'** reintroduction of sport activity will occur in a cautious and methodical manner, based on the best available evidence to optimise athlete and community safety. The National Principles outlined in the framework apply equally to high performance/ professional level, community competitive and individual passive (non-contact) sport. Decisions regarding the timing of resumption (the **'when'**) of sporting activity **must** be made in close consultation with Federal, State/Territory and Local Public Health Authorities.

It is recommended that prior to the resumption of community sport, clubs should safely prepare the sporting environment. This includes conducting a thorough risk assessment and implementation of COVID-19 risk mitigation strategies. Some States/Territories and Local Governments may also require clubs to complete and submit a 'Return to Business' or 'Safety Plan' before they recommence competition.

Education is key to ensuring a safe re-introduction of sport and active recreation and includes providing education material promoting the required behaviours, displaying this material at venues, discussing these COVID-19 safe behaviours and encouraging members to download the Australian Government COVID-19 contact tracing App ([COVIDSafe](#)).

Below are descriptions of the recommendations for Level A, B C activities in community and individual sport as outlined in the AIS Framework. These recommendations relate to recreational mountain bike riding, training, racing, coaching and instruction.

	Level A	Level B	Level C
General description	<p>Activity that can be conducted by a solo athlete or by pairs where at least 1.5m can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports — general fitness aerobic and anaerobic (e.g. running, cycling sprints, hills).</p> <p>Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights).</p> <p>Online coaching and resources (e.g. videos, play books).</p>	<p>As per Level A plus:</p> <p>Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²).</p> <p>Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats.</p> <p>Non-contact skills training. Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding.</p> <p>Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling 'spin' classes permitted if other measures (above) are met.</p>	<p>As per Level B plus:</p> <p>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted.</p> <p>For larger team sports, consider maintaining some small group separation at training.</p> <p>For some athletes full training will be restricted by commercial operation of facilities.</p>
General hygiene measures	<p>No sharing of exercise equipment or communal facilities.</p> <p>Apply personal hygiene measures even when training away from group facilities — hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor).</p> <p>Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</p>	<p>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken.</p> <p>'Get in, train and get out' — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Minimise use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/staff in total). Have cleaning protocols in place for equipment and facilities.</p> <p>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 1.5m while training.</p> <p>No socialising or group meals.</p>	<p>Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Level B.</p> <p>If any massage beds being used, hygiene practises to include no bed linen except single use towels, cleaning treatment beds and key surfaces after each athlete and hand hygiene.</p> <p>Limit unnecessary social gatherings.</p>
Spectators, additional personnel	<p>No spectators unless required (e.g. parent or carer).</p>	<p>Separate spectators from athletes. Spectators should maintain social distancing of at least 1.5m.</p>	<p>Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only.</p> <p>Non-essential personnel should be discouraged from entering change rooms.</p>

3. Outdoor Council of Australia Framework

The Outdoor Council of Australia (OCA) is the national peak body advocating for and representing organisations and individuals that employ outdoor adventure activities for the purposes of recreation, education, tourism, personal and corporate development.

The OCA Framework for Rebooting Outdoor Activities in a COVID-19 Environment (the OCA Framework) is primarily intended to provide industry advice to guide public health and other statutory authorities in decisions regarding the appropriate manner in which to resume outdoor activities. Organisations and people who participate in and deliver outdoor education, recreation and outdoor activities to all ages in Australian communities may also use the OCA Framework.

The OCA has used the AIS “National Principles for the Resumption of Sport and Recreation Activities’, to create a framework for outdoor recreation and outdoor activities specifically for rebooting outdoor education, recreation, therapy and adventure tourism activities in Australia for the following:

1. Children in the following settings for camp and day sessions-excursions
 - a. Incursions, excursions and camps in education settings
 - b. Youth group / scout / guides excursions
 - c. Commercial provider day tours with children

2. Adults and families in the following settings:
 - a. Personal capacity/ with households and/ or friends
 - b. Community groups
 - c. Commercial providers tours for households and/or adults

The MTBA Guidelines focus on racing, recreational riding and coaching, instruction and skills clinics. Providers of group mountain bike activities under the Australian Adventure Activity Standards are recommended to follow the baseline standards outlined in the OCA Framework and to read the OCA Framework in conjunction with the AIS Framework.

4. Mountain Bike Australia Guidelines

4.1. Stage One

	GENERAL PRINCIPLES	RECREATIONAL, SOCIAL & TRAINING RIDES	INSTRUCTING & COACHING SESSIONS	RACING & COMPETITION
STAGE ONE	<p>Follow all directives from your relevant State/ Territory or Local Government authority travel to and from the trails.</p> <p>Practice good hygiene before, during & after activity.</p> <p>No sharing of personal gear or equipment.</p> <p>Strictly 1.5m between parked vehicles.</p> <p>No congregating in the car park Limit congregating on the trails, at trail junctions & trailheads.</p>	<p>As per stage one general principles, plus:</p> <p>Ride solo or in pairs or as per your State/Territory or Local Government directions.</p> <p>Maintain at least 1.5m between riders.</p>	<p>As per stage one general principles, plus:</p> <p>Maximum group size of 10 participants. Participant to coach ratios must comply with MTBA policies & remit.</p> <p>Maintain at least 1.5m between coach/instructor and participants or between participants.</p> <p>One person per 4m².</p> <p>Strict maintenance of hand hygiene using hand sanitiser before, during and after activity.</p> <p>No sharing of communal facilities.</p> <p>No social gatherings.</p> <p>Spitting and clearing of nasal/respiratory secretions strongly discouraged.</p> <p>Sanitise equipment pre & post individual use.</p> <p>If required, online registration only.</p>	<p>Racing not permitted.</p>

4.2. Stage Two

	GENERAL PRINCIPLES	RECREATIONAL, SOCIAL & TRAINING RIDES	INSTRUCTING & COACHING SESSIONS	RACING & COMPETITION
STAGE TWO	<p>Follow all directives from your relevant State/ Territory or Local Government authority travel to and from the trails.</p> <p>Practice good hygiene before, during & after activity.</p> <p>No sharing of personal gear or equipment.</p> <p>Strictly 1.5m between parked vehicles.</p> <p>No congregating in the car park Limit congregating on the trails, at trail junctions & trailheads.</p>	<p>As per stage two general principles, plus:</p> <p>Ride in groups of no more than 10 or as per your State/Territory or Local Government directions.</p> <p>Maintain at least 1.5m between riders.</p>	<p>As per stage two general principles, plus:</p> <p>Maximum group size of 20 participants.</p> <p>Participant to coach ratios must comply with MTBA policy & remit.</p> <p>Maintain at least 1.5m between coach/instructor and participants or between participants.</p> <p>One person per 4m².</p> <p>Strict maintenance of hand hygiene using hand sanitiser before, during and after activity.</p> <p>No sharing of communal facilities.</p> <p>No social gatherings.</p> <p>Spitting and clearing of nasal/respiratory secretions strongly discouraged.</p> <p>Sanitise equipment pre & post individual use.</p> <p>If required, online registration only.</p>	<p>Given the government restrictions imposed in stage two & a maximum participant limit of 20, racing is discouraged.</p> <p>If a club wishes to deliver a race under stage two, they must ensure compliance with relevant state/ territory and/or local government restrictions.</p>

4.3. Stage Three

GENERAL PRINCIPLES	RECREATIONAL, SOCIAL & TRAINING RIDES	INSTRUCTING & COACHING SESSIONS	RACING & COMPETITION	
STAGE THREE	<p>Follow all directives from your relevant State/ Territory or Local Government authority travel to and from the trails.</p> <p>Practice good hygiene before, during & after activity.</p> <p>No sharing of personal gear or equipment.</p> <p>Maintain 1.5m between parked vehicles.</p> <p>Limit congregating in the car park Limit congregating on the trails, at trail junctions & trailheads.</p>	<p>As per stage three general principles, plus:</p> <p>No limit on group size or as per your State/ Territory or Local Government directions.</p> <p>Group size and participant to coach ratios as per relevant MTBA framework.</p> <p>Maintain at least 1.5m between coach/instructor and participants or between participants.</p> <p>One person per 4m2.</p> <p>Strict maintenance of hand hygiene using hand sanitiser before, during and after activity.</p> <p>No sharing of communal facilities.</p> <p>Limit unnecessary gatherings before & after activity.</p> <p>Spitting and clearing of nasal/respiratory secretions strongly discouraged.</p> <p>Sanitise equipment pre & post individual use.</p> <p>If required, online registration only</p>	<p>As per stage three general principles, plus:</p> <p>Racing permitted across all disciplines with maximum attendance numbers in accordance with state/ territory & local government directions.</p> <p>Where possible, maintain at least 1.5m between all persons at all times including during the activity. One person per 4m2.</p> <p>Hand sanitiser freely available at the venue including shuttle queuing before & during competition. Preference is for online registrations otherwise maintain 1.5m physical distancing & one person per 4m2.</p> <p>Conduct pre race briefing online; otherwise maintain 1.5m physical distancing at the venue. Formal presentation ceremonies discouraged. Shuttle service can be used after a sport-specific structured risk assessment and mitigation process is undertaken. Minimal use of communal facilities permitted after a sport specific risk assessment & mitigation process is undertaken. Cleaning protocols in place for equipment and facilities. Spitting & clearing of nasal/respiratory secretions strongly discouraged. Limit social gatherings. Discourage spectators (exception is parents/carers of junior participants). Essential support personnel only. No congregating post finish line. No hugging, kissing or handshaking. Limit event village to essential infrastructure & services only. Technical & feed zone must be marked to maintain 1.5m physical distancing & one person per 4m2. Minimal team tents/ pits & limited to essential personnel only & no sharing of tents. Promote a 'get in, race, & get out' approach.</p> <p><u>XC/CX/OT Specific</u> Call up boxes to be large enough to accommodate 1.5m distancing and 4m2 per rider. Minimum 1.5m grid distancing (boxes and rows) at start.</p> <p><u>DH/GE Specific</u> Loading & start: Provide queuing that maintains 1.5m distancing (mark 1.5m lines on ground). Separate vehicle load times to maintain 4m2 per rider at shuttle loading area.</p>	

END