



MOUNTAIN BIKE AUSTRALIA

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

Return to Mountain Bike Activities in South Australia in a COVID-19 Environment V3

Review History

Version	Date	Editor/ Reviewer	Content Reviewed/ Purpose
1	21 May 2020	Denise Cox	Document created
2	22 May 2020	Denise Cox	Updates to clauses 2.3, 2.4 & 2.6 based on feedback from ORSR, new information from SA & additional proofing.
3	11 June 2020	Denise Cox	Updates to step 2 based on lifting of restrictions.

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*, the *SA Roadmap for Easing COVID-19 Restrictions* and the *Emergency Management (Non-Essential Business and Other Activities No 5) (COVID-19) Directions 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

Mountain Bike Australia (MTBA) as the national sporting organisation recognised by Sport Australia for the activity of mountain biking, with over 17,000 members and 175 affiliated clubs throughout Australia, 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. Some State/Territory Governments require sport and recreation organisations to submit State/Territory specific return to sport/activity plans addressing local restrictions including directives on physical distancing, travel and gatherings. It is important for clubs and members to check the latest directives issued by the relevant State/Territory or Local Governments for specific directions.

2. Return to Mountain Bike Activities in South Australia

With a unitary model of governance, MTBA is best placed to respond to the South Australian Governments requirement for a return to mountain biking plan specific to the state.

As at 30 June 2019 in South Australia, there were:

- 730+ members of MTBA
- 7 mountain bike clubs affiliated with MTBA
- 1 school and 2 private promoters affiliated with MTBA
- 38 accredited coaches and instructors
- 11 commissaires

2.1. Scope of Plan

Mountain biking is a non-contact outdoor activity largely undertaken on public land requiring no built infrastructure except appropriately signed, sustainably designed and constructed trails. A trail network usually has a car park and in some cases a shelter and toilets. In the majority of cases, mountain bike clubs do not own or manage any infrastructure such as clubhouses, change rooms and canteens. Depending on the scale mountain bike events generally require a temporary event village to be established incorporating marquees, portable toilets, catering vans and alike. The very nature of mountain bike riding generally means riders maintain a distance of greater than 1.5m whilst riding to ensure safety and good sightlines.

Descriptions of mountain bike activities referenced in these guidelines are as follows:

- Recreational & social riding – casual informal riding organised by individuals or affiliated clubs
- Training – activity undertaken individually or with others for the purpose of improving performance
- Instruction and coaching – provision of guidance by a coach or instructor to an individual or group to improve performance and skills
- Racing or competition – competitive mountain bike events in all disciplines including cross country, gravity enduro, cyclo-cross, downhill and observed trials.

This plan and the principles outlined below have been developed in reference to the [SA Roadmap for easing COVID-19 restrictions](#) and the [Emergency Management \(Non-Essential Business and Other Activities No 5\) \(COVID-19\) Directions 2020](#) effective as at 11 May 2020.

Acknowledging that South Australia is currently at Level B restrictions as per the AIS Framework, both step one and two are within these Level B restrictions.

2.2. Step One

Step one in South Australia is comparative to Level B as per the AIS Framework and is effective from 11 May 2020.

	GENERAL PRINCIPLES	RECREATIONAL, SOCIAL & TRAINING RIDES	INSTRUCTING & COACHING SESSIONS	RACING & COMPETITION
STEP ONE	<p>Activity 'leader' to ask participants about their general health and wellbeing. No persons are to participate in any activity if they are feeling unwell or experiencing any cold, flu or fever type symptoms.</p> <p>Follow all directives issued by the South Australian Government in regards to 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</p> <p>No congregating on the trails, at trail junctions & trailheads.</p>	<p>As per step one general principles, plus:</p> <p>Ride solo, in pairs or in a group of no more than 10.</p> <p>If social ride is organised by the club, a record of participants name & contact details must be kept. #</p> <p>Maintain at least 1.5m between riders.</p>	<p>As per step one general principles, plus:</p> <p>Maximum group size of 10 participants. Participant to coach ratios must comply with MTBA policies & remit.</p> <p>Coaches/instructors to conduct a risk assessment/ COVID-19 Safety Plan outlining processes and procedures to be implemented to reduce risk. #</p> <p>Records of participant name & contact details must be kept by the coach/instructor.</p> <p>Maintain at least 1.5m between coach/instructor & participants or between participants.</p> <p>Where required, one caregiver who is not participating in the activity can accompany a participant, maintaining 1.5m physical distancing from others.</p> <p>One person per 4m².</p> <p>Strict maintenance of hand hygiene using hand sanitiser before, during and after activity.</p> <p>Limit sharing of communal facilities (toilets).</p> <p>No social gatherings.</p> <p>Spitting & clearing of nasal/respiratory secretions strongly discouraged.</p> <p>If required, online registration only.</p>	<p>Racing not permitted.</p>

- refer to section 2.6 of this document for details on Sport Australia Return to Sport resources.

2.3. Step Two

Step two in South Australia commenced on 1 June 2020 and is the second phase of Level B of the AIS Framework. Step two of the South Australian Roadmap to Easing COVID-19 Restrictions states 'sport transition to competition without spectators, including indoor'. This advice is in reference to the South Australian Emergency Declaration No 6 on 5 June 2020.

	GENERAL PRINCIPLES	RECREATIONAL, SOCIAL & TRAINING RIDES	INSTRUCTING & COACHING SESSIONS	RACING & COMPETITION
STEP TWO	<p>Activity 'leader' to ask participants about their general health & wellbeing.</p> <p>No persons are to participate in any activity if they are feeling unwell or experiencing any cold, flu or fever type symptoms.</p> <p>Follow all directives issued by the South Australian Government in regards to travel to & 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</p> <p>No congregating on the trails, at trail junctions & trailheads.</p>	<p>As per step two general principles, plus:</p> <p>Ride in groups of no more than 20.</p> <p>If social ride is organised by the club, a record participants name & contact details must be kept. #</p> <p>Maintain at least 1.5m between riders.</p>	<p>As per step 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>Coach/instructor to conduct a risk assessment/ COVID-19 Safety Plan outlining processes and procedures to be implemented to reduce risk. #</p> <p>Maintain at least 1.5m between coach/instructor & participants or between participants.</p> <p>Where required, one caregiver who is not participating in the activity can accompany a participant, maintaining 1.5m physical distancing from others.</p> <p>One person per 4m2.</p> <p>Strict maintenance of hand hygiene using hand sanitiser before, during & after activity.</p> <p>Limit sharing of communal facilities (toilets).</p> <p>No social gatherings.</p> <p>Spitting and clearing of nasal/respiratory secretions strongly discouraged.</p>	<p>Given the government restrictions imposed in step two, of a maximum person limit of 80 at a venue/site and a maximum group limit of 20, holding a race may be challenging.</p> <p>If a club wishes to deliver a race under step two, they must ensure compliance with South Australian government directions & step two general principles plus:</p> <p>Racing permitted across all disciplines in accordance with South Australian government directions, which limits persons at the venue/site to 80 and group limit of a maximum of 20 people.</p> <p>Clubs to follow COVID-19 Principles for Transport & Tour Vehicles if offering shuttles.</p> <p>Clubs to conduct a risk assessment/ COVID-19 Safety Plan outlining processes and procedures to be implemented to reduce risk. #</p> <p>Maintain at least 1.5m between all persons at all times including during the activity.</p> <p>One person per 4m2.</p> <p>Hand sanitiser freely available at the venue including shuttle queuing before & during competition.</p> <p>Preference is for online registrations otherwise establish one-way queuing, maintaining 1.5m physical distancing & one person per 4m2.</p> <p>Conduct pre-race briefing online; otherwise maintain 1.5m physical distancing at the venue.</p> <p>Formal presentation ceremonies discouraged.</p> <p>Shuttle service can be used after a sport-specific structured risk assessment and mitigation process is undertaken, Ensure one-way queuing, 1.5m physical distancing & one person per 4m2 is maintained.</p>
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			<p>Sanitise equipment pre & post individual use.</p> <p>If required, online registration only.</p>	<p>Minimal use of communal facilities permitted after a sport specific risk assessment & mitigation process is undertaken.</p> <p>Cleaning protocols in place for equipment and facilities.</p> <p>Spitting & clearing of nasal/respiratory secretions strongly discouraged.</p> <p>Limit social gatherings.</p> <p>No spectators (exception is parents/carers of junior participants).</p> <p>No congregating post finish line.</p> <p>No hugging, kissing or handshaking.</p> <p>Limit event village to essential infrastructure & services only.</p> <p>Essential support personnel only.</p> <p>Ensure medical service providers are stocked with appropriate PPE & are familiar with COVID-19 symptoms management of suspected cases. Medical tent to be marked to maintain 1.5m physical distancing and one person per 4m2 where possible.</p> <p>Technical & feed zone must be marked to maintain 1.5m physical distancing & one person per 4m2.</p> <p>Minimal team tents/ pits & limited to essential personnel only & no sharing of tents.</p> <p>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>
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- refer to section 2.6 of this document for details on Sport Australia Return to Sport resources.

2.4. Future Steps for Consideration

As restrictions continue to ease, implications this may have for the return to full racing and competition will be confirmed and communicated to affiliated clubs and members. Below are provisional principles applicable in a Level C environment as per the AIS Framework. These will be reviewed on release of South Australia's next step in the roadmap for easing restrictions and as they relate to sport and recreation.

	GENERAL PRINCIPLES	RECREATIONAL, SOCIAL & TRAINING RIDES	INSTRUCTING & COACHING SESSIONS	RACING & COMPETITION
PROVISIONAL STEP THREE	<p>Activity 'leader' to ask participants about their general health & wellbeing. No persons are to participate in any activity if they are feeling unwell or experiencing any cold, flu or fever type symptoms.</p> <p>Follow all directives issued by the South Australian Government in regards to travel to & 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.</p> <p>Limit congregating on the trails, at trail junctions & trailheads.</p>	<p>As per step three general principles, plus:</p> <p>No limit on group size or as per South Australian Government directions.</p> <p>If social ride is organised by the club, a record participants name & contact details must be kept. #</p>	<p>As per step three general principles, plus:</p> <p>Maximum gathering size of <insert number> participants.</p> <p>Participant to coach ratios must comply with MTBA policy & remit.</p> <p>Coach/instructor to conduct a risk assessment/ COVID-19 Safety Plan outlining processes and procedures to be implemented to reduce risk. #</p> <p>Maintain at least 1.5m between coach/instructor & participants or between participants.</p> <p>Where required, one caregiver who is not participating in the activity can accompany a participant, maintaining 1.5m physical distancing from others.</p> <p>One person per 4m2.</p>	<p>As per step three general principles, plus:</p> <p>Racing permitted across all disciplines with maximum <attendance numbers/ participants> of no more than <insert number>.</p> <p>Clubs to follow COVID-19 Principles for Transport & Tour Vehicles if offering shuttles.</p> <p>Where possible, maintain at least 1.5m between all persons at all times including during the activity.</p> <p>One person per 4m2.</p> <p>Hand sanitiser freely available at the venue including shuttle queuing before & during competition.</p> <p>Preference is for online registrations otherwise establish one-way queuing, maintaining 1.5m physical distancing & one person per 4m2.</p> <p>Preference is for a pre race briefing online; otherwise maintain 1.5m physical distancing at the venue.</p> <p>Formal presentation ceremonies discouraged.</p> <p>Shuttle service can be used after a sport-specific structured risk assessment and mitigation process is undertaken, Ensure one-way queuing, 1.5m physical distancing & one person per 4m2 is maintained.</p> <p>Minimal use of communal facilities permitted after a sport specific risk assessment & mitigation process is undertaken.</p> <p>Cleaning protocols in place for equipment and facilities.</p> <p>Spitting & clearing of nasal/respiratory secretions strongly discouraged.</p> <p>Limit social gatherings.</p>

			<p>Strict maintenance of hand hygiene using hand sanitiser before, during & after activity.</p> <p>Limit sharing of communal facilities (toilets).</p> <p>Limit 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>Discourage spectators (exception is parents/carers of junior participants).</p> <p>Essential support personnel only.</p> <p>No congregating post finish line.</p> <p>No hugging, kissing or handshaking.</p> <p>Limit event village to essential infrastructure & services only.</p> <p>Technical & feed zone must be marked to maintain 1.5m physical distancing & one person per 4m2.</p> <p>Minimal team tents/ pits & limited to essential personnel only & no sharing of tents.</p> <p>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>
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- refer to section 2.6 of this document for details on Sport Australia Return to Sport resources.

2.5. Communication

Communication of this plan and other resources to affiliated clubs in South Australia will be via direct email to club officers and to members via the members EDM. The plan will also be uploaded to the COVID-19 resources section of MTBA's website and updated as new information is released by the South Australian government.

MTBA event and education staff will also deliver information and Q&A sessions via Zoom for club officers, coaches and commissaires.

2.6. Resources

Sport Australia has developed a [Return to Sport Toolkit](#) to provide sporting organisations with a set of resources to support the safe return to sport.

The Toolkit which is available from the Sport Australia website works through four stages:

- **Plan** - implement plans, processes and systems to provide safe sport environments
- **Prepare** - ensure safe facility and participant practices
- **Respond** - be prepared for management of a COVID-19 outbreak
- **Recover** - consideration of protocols to optimise good public and participant health into the future

The Toolkit includes a:

- Detailed checklist for medium and large sporting organisations
- Simplified checklist for small sporting organisations
- COVID-19 Safety Plan template
- Attendance Register template

MTBA recommend clubs demonstrate a responsible approach to resumption of activities in a COVID-19 environment and complete one Safety Plan to cover all club activities identifying risk mitigation strategies. The completed Plan is to be used by the Club to assist the committee, volunteers, officials and members and their families to understand their responsibilities in providing a safe environment for the resumption of mountain bike activities.

MTBA have revised the Sport Australia COVID-19 Safety Plan template to ensure it is relevant to mountain bike clubs and activities delivered. The Plan template is available from MTBA's COVID-19 resources webpage <https://www.mtba.org.au/club/covid-19/>. There is no requirement for clubs in South Australia to submit a Safety Plan to the Office of Recreation, Sport and Racing or to MTBA. However, MTBA are available to review plans and provide feedback if required.

The latest information from the South Australian Government can be found here <https://www.covid-19.sa.gov.au>

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