



MOUNTAIN BIKE AUSTRALIA

Mountain Bike Australia Limited
(MTBA Limited)

ACN 616 027 153

Return to Mountain Bike Activities in Tasmania
in a COVID-19 Environment

Review History

Version	Date	Editor/ Reviewer	Content Reviewed/ Purpose
1	22 May 2020	Denise Cox	Document created
2	27 May 2020	Denise Cox	Revision of clauses
2.1	3 June 2020	Denise Cox	Updated website address in clause 2.6
3	10 July 2020	Denise Cox	Updated clause 2.4, stage 3 requirements.

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*, and *Our Plan to Rebuild a Stronger Tasmania*.

Users of this information **MUST** refer to the relevant Tasmanian or Local Government authority for up to date directives that are applicable to their location and 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 are a national level document and 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 Tasmania

With a unitary model of governance, MTBA is best placed to respond to the Tasmanian Governments requirement for SSO's to develop and submit a COVID-19 Safety Plan for a return to mountain biking in the state. The purpose of the plan is to ensure mountain bike clubs in Tasmania comply with the minimum standards in relation to physical distancing, cleaning, general hygiene practices and health of participants, and the activities outlined in Level B of the AIS Framework.

In Tasmania as at 30 June 2019, there were:

- 843 MTBA members
- 6 affiliated mountain bike clubs
- 2 schools and 5 private promoters affiliated with MTBA
- 36 accredited coaches and instructors
- 9 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. 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 [Our Plan to Rebuild a Stronger Tasmania](#) and the [Australian Institute of Sport \(AIS\) Framework for Rebooting Sport in a COVID-19 Environment](#), noting that there will be some instances where Tasmania's approach differs from the AIS Framework, and other relevant material.

2.2. Stage One

Stage one in Tasmania is comparative to Level B of the AIS Framework and is effective from 18 May 2020.

	GENERAL PRINCIPLES	RECREATIONAL, SOCIAL & TRAINING RIDES	INSTRUCTING & COACHING SESSIONS	RACING & COMPETITION
STAGE ONE – from 18 May 2020	<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 from Tasmanian Government authorities, including travel to and from the trails.</p> <p>Practice good hygiene before, during & after activity.</p> <p>Practice a 'get in, ride and get out' approach to all activities.</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 stage one general principles, plus:</p> <p>Ride solo or in groups 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 5m between riders.</p>	<p>As per stage one general principles, plus:</p> <p>Maximum group size of 10 participants, excluding coach/instructor. 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 and 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 distance 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 and 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. Stage Two

In Tasmania, stage two is due to commence from 15 June 2020.

	GENERAL PRINCIPLES	RECREATIONAL, SOCIAL & TRAINING RIDES	INSTRUCTING & COACHING SESSIONS	RACING & COMPETITION
STAGE TWO – From 15 June 2020	<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 from Tasmanian Government authorities, including travel to and from the trails.</p> <p>Promote a 'get in, ride and get out' approach to all activities.</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 stage two general principles, plus:</p> <p>Ride solo or in groups of no more than 20.</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 5m between riders.</p>	<p>As per stage two general principles, plus:</p> <p>Maximum group size of 20 participants excluding coach/instructor.</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 and 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 and clearing of nasal/respiratory secretions strongly discouraged.</p> <p>Sanitise equipment pre & post individual use.</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 Tasmanian government directions & stage two general principles plus:</p> <p>Racing permitted across all disciplines in accordance with Tasmanian government directions, which limits participants to a maximum of 20.</p> <p>Clubs to conduct a risk assessment/ COVID-19 Safety Plan outlining processes and procedures to be implemented to reduce risk. #</p> <p>Where possible, maintain at least 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, plate collection, registration, feed & technical zone, finish area & communal facilities.</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> <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 such as chairs & communal facilities. Single use items to be used – eg, pens, paper towels, clipboards.</p> <p>Spitting & clearing of nasal/respiratory secretions strongly discouraged.</p>

			<p>If required, online registration only.</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 & 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. Stage Three – from 13 July 2020

Details for stage three below are in line with Tasmania’s Plan for Returning to Sport (<https://www.coronavirus.tas.gov.au/families-community/sport-and-recreation>) and Recreation the Level C environment as per the AIS Framework.

	GENERAL PRINCIPLES	RECREATIONAL, SOCIAL & TRAINING RIDES	INSTRUCTING & COACHING SESSIONS	RACING & COMPETITION
STAGE 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 Tasmanian Government in regard to travel to & from the trails.</p> <p>Promote a ‘get in, ride and get out’ approach to all activities.</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 stage three general principles, plus:</p> <p>No limit on group size or as per Tasmanian Government directions.</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 5m between riders.</p>	<p>As per stage three general principles, plus:</p> <p>Participant to coach ratios must comply with MTBA policy & remit of 1 to 10.</p> <p>Coach/instructor to conduct a risk assessment/ COVID-19 Safety Plan outlining processes & procedures to be implemented to reduce risk. #</p> <p>Where practical, 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 2m².</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</p>	<p>As per stage three general principles, plus:</p> <p>Racing permitted across all disciplines with maximum numbers (including participants, support personnel) of no more than 500.</p> <p>Clubs to conduct a risk assessment/ COVID-19 Safety Plan outlining processes and procedures to be implemented to reduce risk. #</p> <p>One person per 2m².</p> <p>Where practical maintain at least 1.5m between all persons at all times.</p> <p>Hand sanitiser freely available at the venue including shuttle queuing before & during competition, plate collection, registration, feed & technical zone, finish area & communal facilities.</p> <p>Preference is for online registrations otherwise establish one-way queuing, maintaining 1.5m physical distancing & one person per 2m².</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 such as chairs & communal facilities. Single use items to be used – eg, pens, paper towels, clipboards.</p> <p>Spitting & clearing of nasal/respiratory secretions strongly discouraged.</p> <p>Limit social gatherings.</p> <p>Discourage spectators (exception is parents/carers of junior participants). Any spectators must maintain 1.5m physical distancing from any person outside of their household.</p>

			<p>nasal/respiratory secretions strongly discouraged.</p> <p>Sanitise equipment pre & post individual use.</p> <p>If required, online registration only.</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 & 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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2.5. Communication

Communication of this plan and other resources to affiliated clubs in Tasmania 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 release by the Tasmanian 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

There is no requirement for clubs in Tasmania to submit a Safety Plan, however, 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/>. MTBA are available to review plans and provide feedback if required.

The latest information from the Tasmanian Government can be found here <https://coronavirus.tas.gov.au/families-community/sport-and-recreation>

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