



MOUNTAIN BIKE AUSTRALIA

Mountain Bike Australia Limited
(MTBA Limited)

ACN 616 027 153

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

Review History

Version	Date	Editor/ Reviewer	Content Reviewed/ Purpose
1	3 June 2020	Denise Cox	Document created
2	12 June 2020	Denise Cox	Additions in line with feedback from SRV Panel
3	9 July 2020	Denise Cox	Changes to 'stage 3' in response to new restrictions from 11:59pm 8 July.

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 directions of the Victorian Chief Health Officer Restricted Activity Directions.

Users of this information **MUST** refer to the relevant Victorian 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 reference to the National Principles therein and with **Federal, State/Territory and/or Local Public Health Authority directions**, 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 Victoria

With a unitary model of governance, MTBA is best placed to respond to the Victorian Government's requirement for SSO's to develop and submit a Return to Play Plan. The purpose of this Plan is to confirm that mountain biking can safely return to play and to provide clubs in Victoria with the framework including minimum standards in relation to physical distancing, cleaning, general hygiene practices and health of participants, to implement strategies and procedures to ensure a safe return to play.

In Victoria as at 30 June 2019*, there were:

- 3,721 MTBA members
- 41 affiliated mountain bike clubs
- 2 schools and 4 private promoters affiliated with MTBA
- 136 accredited coaches and instructors
- 30 commissaires

* Source: MTBA Annual Report 2019

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 toilet(s). Mountain bike clubs do not own or manage any infrastructure such as clubhouses, change rooms and canteens. Mountain bike events generally require a temporary event village to be established incorporating marquees, portable toilets, catering vans and alike. The size and type of mountain bike event will dictate the size of the event village/ site set up. 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 *Victorian Community Sport and Recreation Organisations Guidance and Return to Play Plan*, the MTBA Guidelines and AIS Framework noting that there will be some instances where Victoria's approach differs from the AIS Framework.

2.2. 31 May 2020

From 11:59pm 31 May 2020, the following principles apply to mountain bike activities conducted in Victoria.

	GENERAL PRINCIPLES	RECREATIONAL, SOCIAL & TRAINING RIDES	INSTRUCTING & COACHING SESSIONS	RACING & COMPETITION
31 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 Victorian Government authorities, including travel to and from the trails.</p> <p>Adhere to MTBA's Working Together to Stop the Spread of COVID-Ride Etiquette, which includes 'ride within your limits, now is not the time to tackle a new technical feature.'</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 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 3m between riders whilst riding.</p> <p>Day trips only.</p>	<p>As per general principles, plus:</p> <p>Maximum group size of 20 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 2.5.

2.3. 21 June 2020

From 11:59pm on 21 June, restrictions in Victoria may be further eased. However, the restrictions for activation on 21 June will not provide for any change in the delivery of mountain bike activities in Victoria from what is currently permitted as at the date of this Plan, 4 June. The principles outlined below have been developed in reference to these expected restrictions.

	GENERAL PRINCIPLES	RECREATIONAL, SOCIAL & TRAINING RIDES	INSTRUCTING & COACHING SESSIONS	RACING & COMPETITION
21 June 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 Victorian Government authorities, including travel to and from the trails.</p> <p>Adhere to MTBA's Working Together to Stop the Spread of COVID-Ride Etiquette, which includes 'ride within your limits, now is not the time to tackle a new technical feature.'</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 general principles, plus:</p> <p>Riding solo or in groups permitted.</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 3m between riders whilst riding.</p>	<p>As per general principles, plus:</p> <p>No maximum group size, however, 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 2.5.

2.4. Directions as at 11:59pm 8 July 2020

In response to new restrictions imposed in Victoria from 11:59pm 8 July, the table below summarises MTB activities permitted in the state from this time ending 11:59pm 19 July.

	GENERAL PRINCIPLES	RECREATIONAL, SOCIAL & TRAINING RIDES	INSTRUCTING & COACHING SESSIONS	RACING & COMPETITION
11:59pm 8 JULY 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 issued by the Victorian Government in regard to travel to & from the trails.</p> <p>Adhere to MTBA's Working Together to Stop the Spread of COVID-Ride Etiquette, which includes 'ride within your limits, now is not the time to tackle a new technical feature.'</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 general principles, plus:</p> <p><u>Restricted Area</u> Those in a Restricted Area may leave the premises to exercise or to participate in outdoor recreation with one other person that does not reside at the same household.</p> <p>Clubs cannot organise social rides.</p> <p><u>Outside a Restricted Area</u> Persons from different households and all from outside the restricted area can gather in a group of up to 20 people for the purpose of physical recreation activity. No participant can reside in a Restricted Area.</p> <p>Clubs located outside a Restricted Area can organise social rides at a location outside a Restricted Area.</p> <p>Maintain at least 3m between riders.</p>	<p>As per general principles, plus:</p> <p><u>Outside a Restricted Area</u> All participants must reside outside a restricted area including the coach/instructor. The activity must not take place within a restricted area. Maximum group size of 20 participants, including coach/instructor. Participant to coach ratios must comply with MTBA policies & remit.</p> <p>Coach/instructor to conduct a risk assessment/ COVID-19 Safety Plan outlining processes & 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</p>	<p>As per general principles, plus:</p> <p>MTBA do not recommend any racing be conducted during this period.</p> <p><u>Restricted Area</u> No community sport is permitted in a Restricted Area. Those residing in a Restricted Area cannot participate in community sport activities.</p> <p><u>Outside a Restricted Area</u> Racing permitted across all disciplines with no more than the minimum numbers required to conduct the sport are to participate in the activity.</p> <p>All participants and attendees must reside outside a restricted area.</p> <p>Persons 18 years and under can only participate in an activity with others 18 years and under. A person 18 years and under can only participate in an activity with one other person aged 19 years and over.</p> <p>Activity must take place outside a restricted area.</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.</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>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>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>PA announcements reminding people of physical distancing & personal hygiene measures.</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>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>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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- refer to section 2.7.

2.5. Future Direction

The implication ongoing lifting of restrictions will have on sport and recreation is unknown at time of writing this plan. This plan will be updated in response to new information issued by the Victorian Chief Health Officer Restricted Activity Directions and advice from Sport and Recreation Victoria. As restrictions continue to ease, implications this may have for the return to full racing and competition will be addressed and communicated to affiliated clubs and members. Below are provisional principles applicable in a Level C environment as per the AIS Framework and stage 3 of the MTBA Guidelines which may be relevant in Victoria when racing/competition can resume.

	GENERAL PRINCIPLES	RECREATIONAL, SOCIAL & TRAINING RIDES	INSTRUCTING & COACHING SESSIONS	RACING & COMPETITION
PROVISIONAL NEXT STAGE	<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 Victorian Government in regards to travel to & from the trails.</p> <p>Adhere to MTBA's Working Together to Stop the Spread of COVID-Ride Etiquette, which includes 'ride within your limits, now is not the time to tackle a new technical feature.'</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>As per stage three general principles, plus:</p> <p>No limit on group size or as per Victorian 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 3m between riders.</p>	<p>As per stage three general principles, plus:</p> <p>Maximum group size of <insert max number> participants, excluding coach/instructor. Participant to coach ratios must comply with MTBA policies & remit.</p> <p>Coach/instructor to conduct a risk assessment/ COVID-19 Safety Plan outlining processes & 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 stage 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 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.</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>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>PA announcements reminding people of physical distancing & personal hygiene measures.</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>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>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>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>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>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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2.6. Communication

Communication of this plan and other resources to affiliated clubs in Victoria 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 Government.

MTBA staff recently delivered information and held Q&A sessions via Zoom for club officers, coaches and commissaires. This will continue on an as needs basis along with additional communication methods to serve as reminder.

2.7. 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 Victoria 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 that will be implemented at club activities. 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/> and clubs are encouraged to use this template, making additional changes where required. MTBA are available to review plans and provide feedback if requested.

The latest information from the Sport and Recreation Victorian Government can be found here <https://sport.vic.gov.au/our-work/return-to-play/return-to-play-for-community-sport-and-active-recreation>

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