

Sidney Velo Covid-19 Safety Plan for Tuesday Time Trials

These guidelines are for the weekly time trials on Tuesday evenings in the Districts of North and Central Saanich.

General Guidelines

- All riders must be members of Cycling BC and have signed the Covid-19 Declaration.
- All participants must always practice physical distancing by keeping two meters away from one another. If this is not possible, face masks must be worn.
- Do not touch your face, eyes, nose, or mouth with unwashed hands or gloves.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you cough or sneeze.
- Riders must be self-sufficient on the bike and not share equipment, food, drinks, utensils, or water bottles.
- Do not shake hands, embrace, or high five to celebrate.
- Participants not obeying 2-m physical distancing will be disqualified/unable to start for a first offence and banned for a second offence. A megaphone will be used to direct riders from a distance.
- Instructions for corner marshals are posted online at www.sidneyvelo.ca/marshaling-instructions/ and will not be available onsite. Marshals should bring their own pen and paper to record incidents.
- There are no podium ceremonies, and riders must leave the site after completing their time trial.

Registration Guidelines

- Registration and payment will be done only online in advance at ccnbikes.com.
- Registration will be limited to a maximum of 35 riders plus 8 volunteer officials to stay below the maximum gathering limit of 50. Spectators other than one parent/guardian per child are discouraged. More spectators will result in fewer riders.
- Riders will receive a permanent race number at their first time trial of the season and keep it to use at all subsequent time trials.
- Start times and race numbers will be posted on www.sidneyvelo.ca by 5 PM on race days.
- Start times will also be posted on the two wooden posts of the large highway sign at the start/finish at Lochside Drive and Lochside Frontage Road one hour before the race start.
- Riders will line up at 2-m intervals marked on the ground to read their start time and pick up their permanent race number from a table nearby.
- Riders will attach their number to the back of their jerseys (low down and in the middle) by themselves before racing and remove them by themselves after racing.

Start Guidelines

- No holder will be employed at the start line. Riders will begin with one foot clipped in and the other on the ground, standing 2 m from the timers, as indicated by marks on the pavement.
- Riders will start at one-minute intervals.
- Riders awaiting their start will be spaced at 2-m intervals using traffic cones or marks on the ground (chalk or tape).

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- The first 2 riders awaiting their start will line up on Lochside Drive in the bike lane north of the start line, and 4 more will line up on the 3-m wide sidewalk, leaving 2 m of passing room for other people.

Course Guidelines

- Passing another racer will be done 2 m laterally and 25 m longitudinally, except where the racer's safety may be in jeopardy (e.g., on Highway 17, where a 1-m lateral pass is acceptable).
- Racers being passed must ride as far to the right as practicable.
- The road yellow line/centreline must never be crossed.
- Littering is strictly prohibited.

Equipment Guidelines

- All racecourse equipment (signs, traffic cones, brooms, blower, and tables) will be handled with gloves and disinfected for reuse in 7 days.
- Timers will use their own dedicated equipment and not share equipment.
- All materials left behind will be discarded, except for valuable items, which will be handled with gloves, quarantined for 7 days, and be available for claiming at the next time trial.
- A garbage can will be available for discarded items.
- Four signs showing the 2-m physical distancing rule will be displayed in the start/finish area, one on each side of the crosswalk at Lochside Drive and Lochside Frontage Road, and two on McTavish pedestrian/cyclist ramp.

Personal Protective Equipment (PPE)

- PPE (gloves and masks), disinfectant wipes, and hand sanitizer will be available onsite and in the first aid kit.
- First aid attendant will wear a mask and gloves when attending to a patient.
- All volunteers will wear gloves to handle common equipment, and masks will be available for contacts closer than 2 m, or at the volunteer's discretion for farther than 2 m. Volunteers are encouraged to bring their own masks.

Record Keeping

- Time sheets showing rider names and their start, split, and finish times and the names of officials and their positions will be preserved for contact tracing in the event of a Covid-19 outbreak.
- Time trial results will be posted online at www.sidneyvelo.ca within 24 hours.
- Riders must not approach the timers to ask for their times.