



Cycling Return to Play Plan 2020

Arrival

- Please arrive by 9:45am or you will not be allowed to cycle. Practice will start at 10am.
- If you arrive earlier than 9:45am, please stay in or at your car.
- Upon arrival, please drop off your athlete in the parking lot and have him/her report to the assigned **COVID-19 Screening Area** at the entrance of the cycling parking lot to complete the **temperature check/screening questions**.
- Masks must be worn in the parking lot. However, once on the cycling course you may take them off as long as you are maintaining 6 feet of distance from other people.
- Signs will be posted throughout the parking lot reminding all participants about the symptoms of COVID-19, guidelines to stop its spread and social distancing requirements.

During Play

- Maintain 6 feet of social distance when at all possible.
- Athlete/Partner/Coach groupings of 5 or less will remain the same throughout the whole season.
- There will be no substituting athletes in and out each week.
- **Please be consistent with attendance; even though there is no tournament it is important to practice getting back into shape for future sports.**
- All Athletes/Partners must wear their masks when they are less than 6 feet from someone. When cycling on the course you are allowed to bring your masks down to your necks.
- Each athlete must provide their own bike; tricycles are welcome.
- Each athlete **must have experience riding a bike or tricycle prior to attending the first practice.**
- **Please make sure your bike is tuned up at a bike shop prior to arrival of the first practice.**
- Athletes/partners must sanitize their bikes prior to and after each practice.
- All participants must provide their own helmets that fit properly.
- You must provide your own water bottles and towels. Do not share these items.
- No high 5's, hugging, or touching of any kind during cycling practice.

Important Information to Follow

- Wash your hands frequently for 20 seconds. Suggested times are before and after cycling.
- Coaches will be provided a COVID-19 kit that will include hand sanitizer, masks, gloves, thermometer, disinfectant spray and/or wipes, Code of Conduct/Risk Assessment and Screening & Tracking Forms.
- **Keep in mind that there are no public restrooms available. Please use the facilities prior to arrival at practice.**
- Please be mindful of gathering only with your group of 5 in the cycling parking lot.
- Arrive at your designated time and leave as soon as you are finished.
- If you are not feeling well, please take the week off from cycling.
- Spectators and/or family are welcome to watch their athlete from the designed parking area. Please make sure you are maintaining 6 feet of distance from others and wearing a mask. You are welcome to bring chairs to watch but there is limited visibility to view your athlete ride the course.

Please remember we are guests at this facility and if we do not abide by these rules, we will be asked to leave! Please be safe and smart as we ease back into sports.