



# COVID-19 Safety Plan

## Uxbridge Cycling Club

This COVID-19 safety plan applies to all Uxbridge Cycling Club (UCC) activities on and off the bike. All UCC members, and any permitted visiting riders, share the responsibility for making UCC rides as safe as possible.

The health and safety measures required by local and provincial governments and public health and the Ontario Cycling Association will always be adhered to by UCC club members and visiting riders.

### **Safety Measures as of June 17, 2021**

- UCC ride communications will include a link for ride signup. The ride groups will be limited to a group size of 10 as described in the most current OCA Return to Sport communication and ride captains will confirm that the number of riders in their group do not exceed this group size. The ride signup form is accessed at [www.uxbridgecycling.com](http://www.uxbridgecycling.com).
- Members of the Uxbridge Cycling Club have read and signed the OCA COVID-19 waiver that was included in the 2021 CCN bikes online registration. Ride Captains are directed to confirm at the start of each ride that the members of their group pass a COVID-19 health screen.
- Maintain physical distancing of at least 3 m. between each person on and off the bike. Distance is measured between people, dictating a single file ride formation with no drafting. Until this requirement is modified, the UCC will not follow the standard group ride formations as described in the UCC Ride Guidelines.
- Practice hand hygiene including washing hands prior to an activity and frequent disinfecting throughout the activity.
- Use facial coverings whenever possible and at all times when off the bike and within 2 m. of another person.
- Avoid sharing any equipment, food or water.
- Off bike activities may be held virtually.
- All members who test positive are asked to inform one of the UCC executive, email [info@uxbridgecyclingclub.com](mailto:info@uxbridgecyclingclub.com) or contact Franny Jewett directly. If a positive case of COVID-19 is reported to the club, Franny Jewett will manage the exposure response. This will include a risk assessment to identify any high-risk contacts. All riders who took part in any UCC activity that was deemed to have potential for exposure (low or high risk) will be informed of such. Confidentiality will be maintained.

Ride Captain Training, including general requirements of this safety plan, was provided to Uxbridge Cycling Club on Wednesday May 26<sup>th</sup>, 2021. As specific requirements change ride captains are updated.