

MOUNTAIN BIKE AUSTRALIA

GUIDELINES FOR REBOOTING MOUNTAIN BIKE ACTIVITIES IN A COVID-19 ENVIRONMENT

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 as at 13 May 2020.

Users of this information MUST refer to their relevant State/Territory or Local Government for up to date directives that are applicable to their location & where necessary, relevant Mountain Bike Australia policies, procedures, framework and remits.



MAINTAIN 1.5M PHYSICAL DISTANCING - PRACTICE & MAINTAIN GOOD HYGIENE REGULARLY - STAY HOME IF UNWELL

	GENERAL PRINCIPLES	RECREATIONAL, SOCIAL & TRAINING RIDES	INSTRUCTING & COACHING SESSIONS	RACING & COMPETITION	STATE/TERRITORY SPECIFIC INFORMATION
STAGE ONE	<p>Follow all directives from your relevant State/ Territory or Local Government authority including travel to & from the trails or location.</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 carpark.</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 pairs or as per your State/Territory or Local Government directions.</p> <p>Maintain at least 1.5m between riders.</p>	<p>As per stage one general principles, plus:</p> <p>Maximum group size of 10 participants. Participant to coach ratios must comply with MTBA policies & remit.</p> <p>Maintain at least 1.5m between coach/instructor & participants or between participants.</p> <p>One person per 4m².</p> <p>Strict maintenance of hand hygiene using hand sanitiser before, during & after activity.</p> <p>No sharing of communal facilities.</p> <p>No social gatherings.</p> <p>Spitting & clearing of nasal/respiratory secretions strongly discouraged.</p> <p>Sanitise equipment pre & post individual use.</p> <p>If required, online registration only.</p>	<p>Racing not permitted.</p>	<p>Australian Capital Territory - www.covid19.act.gov.au</p> <p>New South Wales - www.nsw.gov.au/covid19</p> <p>Northern Territory - www.coronavirus.nt.gov.au</p> <p>Queensland - www.qld.gov.au/covid-19</p> <p>South Australia - www.covid-19.sa.gov.au</p> <p>Tasmania - www.coronavirus.tas.gov.au</p> <p>Victoria - www.dhhs.vic.gov.au/coronavirus</p> <p>Western Australia - www.wa.gov.au/government/covid-19-coronavirus</p>
STAGE TWO	<p>Follow all directives from your relevant State/ Territory or Local Government authority including travel to & from the trails or location.</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 carpark.</p> <p>No congregating on the trails, at trail junctions & trailheads.</p>	<p>As per stage two general principles, plus:</p> <p>Ride in groups of no more than 10 or as per your State/Territory or Local Government directions.</p> <p>Maintain at least 1.5m between riders.</p>	<p>As per stage two general principles, plus:</p> <p>Maximum group size of 20 participants. Participant to coach ratios must comply with MTBA policy & remit.</p> <p>Maintain at least 1.5m between coach/instructor & participants or between participants.</p> <p>One person per 4m².</p> <p>Strict maintenance of hand hygiene using hand sanitiser before, during & after activity.</p> <p>No sharing of communal facilities.</p> <p>No social gatherings.</p> <p>Spitting & clearing of nasal/respiratory secretions strongly discouraged.</p> <p>Sanitise equipment pre & post individual use.</p> <p>If required, online registration only.</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 relevant State/Territory &/or Local Government restrictions.</p>	
STAGE THREE	<p>Follow all directives from your relevant State/ Territory or Local Government authority including travel to & from the trails or location.</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>No congregating in the carpark.</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 your State/Territory or Local Government directions.</p>	<p>As per stage three general principles, plus:</p> <p>Group size and participant to coach ratios as per relevant MTBA framework.</p> <p>Maintain at least 1.5m between coach/instructor & participants or between participants.</p> <p>One person per 4m².</p> <p>Strict maintenance of hand hygiene using hand sanitiser before, during & after activity.</p> <p>No sharing of communal facilities.</p> <p>Limit unnecessary gathering before & after activity.</p> <p>Spitting & clearing of nasal/respiratory secretions strongly discouraged.</p> <p>Sanitise equipment pre & post individual use.</p> <p>If required, online registration only.</p>	<p>As per stage three general principles, plus:</p> <p>Racing permitted across all disciplines with maximum attendance numbers in accordance with State/Territory & Local Government directions.</p> <p>Where possible, maintain at least 1.5m 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.</p> <p>Preference is for online registrations otherwise maintain 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 & mitigation process is undertaken.</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 & facilities.</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).</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 zones 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>STAGE THREE DISCIPLINE SPECIFIC RACING INFORMATION</p> <p>As per stage three general principles & stage three general racing principles, plus:</p> <p>XC/CX/OT Specific Call up boxes to be large enough to accommodate 1.5m distancing and 4m² per rider. Minimum 1.5m grid distancing (boxes and rows) at start.</p> <p>DH/GE Specific 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>