



## VIKINGS CYCLING CLUB

### Rebooting of track training at the Narrabundah Velodrome ('the Bundadome')

#### INTRODUCTION

The Vikings would like to thank all of our members and families for the changes they have made to ensure all are safe. Because we know cycling is an important part of your lives, we have begun to develop a pathway to allow training to recommence safely and sustainably while under social distancing conditions.

These guidelines are to be considered in line with the 'Australian Institution of Sport (AIS) – Executive Summary for rebooting sport in a COVID-19 environment', the Australian Government guidelines and the guidelines outlined by the ACT Government.

With restriction remaining for other cycling disciplines we ask that all members attending the Bundadome follow the guidelines and keep informed with any changes to ensure we do not jeopardise this opportunity.

#### INTENTION

Vikings Cycling Club ('the Club') is committed to rebooting track cycling in a safe and measured manner to ensure that all riders and their families adhere to the COVID safe guidelines whilst still enjoying maximum quality coaching and access to the Bundadome.

These Club guidelines are intended to translate the direction of the governing bodies into local action. Please ensure that you are familiar with the governing bodies' guidelines before attending your first session at the track.

Cycling Australia: <https://cycling.org.au/nat/cycling-australia-covid-19-rebooting-cycling>

ACT Government: <https://www.covid19.act.gov.au/home>

#### OVERVIEW

To provide for social distancing requirements as well as those requirements unique to cycling, the Club will be required to enact more stringent processes to ensure the safety of participants. This includes shorter training sessions to allow for a safer crossover period between age groups, zoned areas at the Bundadome to maintain social distancing and a registration system for attendance at the track.

Considering this, the Club will also take the opportunity to introduce an individual training program for those who regularly attend the track, ensuring that individual goals, strengths and weaknesses are targeted during the limited training time. The coaches will work with you/your Junior to develop this program shortly.

Attendees will be limited by the overall number of participants, coaches and parents gathering. This is currently set at 20 but is subject to change.

## CLUB GUIDELINES

The resumption of track cycling will be a complex process and will involve more stringent guidelines than have been previously in place. The easing or enforcing of the guidelines will be influenced by the guidelines published through the ACT Government, the AIS, Cycling Australia (CA), Cycling ACT (CACT) and the Australian government.

### COVID Co-ordinator

The Club will have a dedicated 'COVID Co-ordinator' during sessions at the track to ensure guidelines are being followed. It is expected any person attending the Bundadome will follow the guidance and instructions of the COVID Co-ordinator at all times. They are there to ensure you are safe and Track continues as an option for cycling with others. The COVID Co-ordinator is ultimately responsible for the safety of the session and to enforce these guidelines.

If, in the view of the COVID Co-ordinator, and in conjunction with the senior coach in attendance, somebody is not obeying the new guidelines and putting theirs or another participant's health at risk, the COVID Co-ordinator is authorised to ask that participant to leave. A COVID Co-ordinator will be elected for each training session and all participants will be advised of the elected Co-ordinator.

### Track training times

To allow for sufficient clearance time of people from the Bundadome in between sessions, training times will be strictly adhered to, with riders and spectators not being permitted to remain within the main area of the Bundadome prior to or beyond their training time. There will be a zone positioned away from the main area to allow for warm down, bike maintenance etc however this will be strongly discouraged in the coming weeks.

<b>Masters:</b>	11am – 12:15pm
<b>Mini Juniors:</b>	12:30pm – 1:45pm
<b>Senior Juniors:</b>	2pm – 3pm
<b>Seniors – Ray :</b>	3:15pm to 5pm

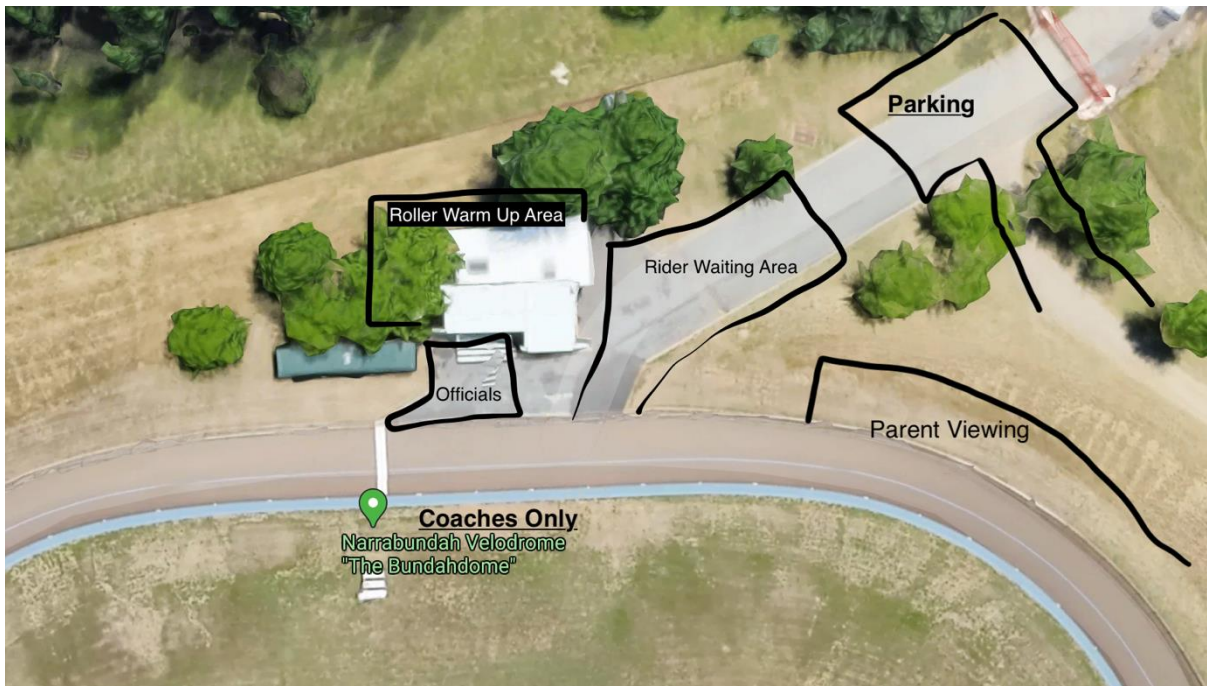
Riders are advised to 'come ready' to their session – in their kit, bike serviced (where possible) and warmed up (where possible). This will ensure that riders are able to gain maximum benefit of track time for the session. There will be very limited time or space prior to the gates opening to the track for preparation.

### Zoning of Bundadome (see diagram below)

To assist with the safe movement of attendees there have been zoning created for the general area of the facility.

- Parking: to provide more space can cars be parked in the space before the containers or along the access road to the left.
- Containers: No more than 1 person to enter at a time unless from the same family unit (to assist younger children to access bikes only).
- Main Container (next to change rooms southern end): No access to this container other than coaches.
- Grandstand area: No access other than officials such as the coach, first aid or COVID Coordinator.
- Rider waiting area: This is where riders and coaches only should spend time off the track; no more than 20 at a time with appropriate social distancing practised. No bikes to be hung on the fence.
- Toilet and changerooms: Change rooms are not to be used (please arrive ready to go). As best as possible 1 person in toilets at a time.
- Track: Only riders and coaches are permitted to stay in the track area, others to enter on the permission of the lead coach.

- Roller warm-up area: utilising the concrete path at the rear of the changeroom block, rollers must have a minimum of 4m<sup>2</sup> space (no rollers in the changeroom hallway).
- Parent/non rider area: Parents who wish to stay and watch are welcomed but must use this area and practice safe distancing.



### Registration

To ensure that social distancing measures can be maintained, people wishing to attend track sessions will be required to register via Eventbrite (free of charge) by Friday night. In addition to ensuring the Club can regulate social distancing at the Bundadome, it will also allow coaches lead time to develop programs for the Saturday training session in line with the individual training plans of riders.

If riders have not registered, they will not be permitted to enter the track.

The link to registering is <https://www.eventbrite.com/e/vikings-cycling-club-track-training-registration-tickets-105934533040>

### Coaching

Due to the nature of coaching track cyclists, there will be some modifications required to the assistance provided to riders by the coaches. Training will be focussed on individual efforts, rather than bunches with limited physical intervention by the coaches.

### General guidelines as at mid May:

- No more than 1 person to enter at a time unless from the same family unit (to assist younger children to access bikes only).
- No person will be permitted within the grandstand area other than officials.
- We strongly encourage bringing your own personal chairs from home, especially for juniors.
- There will be colour-coded areas on the fence and each rider will be allocated a colour for them to use for start and finish from the fence (Coaches to clean before and after the session).

- Each rider will be required to wipe down their bike at the end of training sessions with appropriate cleaning products provided by the Club.
- Access to the toilets will be limited to one person at a time, no access to the changerooms permitted
- Beginner riders will be limited to 2 at a time on the track with no passing permitted.
- Intermediate riders will be limited to 3 at a time on the track with no passing permitted.
- All other riders no more than 6 at a time on the track maintaining greater than 10m distance from the rider in front and passing more than 1.5m above other riders.
- No moto-pacing permitted
- All equipment and fencing will be wiped cleaned and sanitised after use, so it is important for all at the track to keep to themselves as much as possible to limit cleaning requirements.

As the restrictions by the ACT Government change, we will review all guidelines and make the appropriate changes to ensure everyone is safe and able to get the maximum benefit possible.