

Fondo Clinics 2021 - COVID-19 Safety Plan

UPDATED June 15th, 2021

In an effort to successfully deliver the 2021 Fondo Clinics training program, RBCGranFondo Whistler and SportMedBC are committed to ensuring the health and well-being of all participants. SportMedBC is implementing policies and protocols for the clinic coaches and ride leaders to manage the group by, and for participants to follow, based on the most current guidelines and restrictions communicated by the BC health authority. We will provide the Fondo Clinics' ride leader team with , RBCGranFondo and SportMedBC's own comprehensive safety plan that will remain in place indefinitely, or until restrictions and guidelines from the Provincial Health Office change.

Current restrictions related to adult group sports is in Step 2 of the [BC's Restart Plan](#), which came in-to effect on June 15th, 2021. At this point outdoors sports activities, games and practices for adult team sports are permitted. Maximum group size allowed under the PHO guidelines is 50, and need to consider staff, coaches and participants. As of June 15th, outdoors sports are also allowed to accommodate up to 50 spectators. *(The maximum capacity for the 2021 Fondo Clinics is 20 participants per location)*. Physical distancing on the "field of play" is no longer required. Nevertheless, hygiene measures, mask protocols and requirement for someone feeling sick are still in place and need to be met (more details below). ([PROVINCE-WIDE RESTRICTIONS](#))

Risk Mitigation for Clinic Operations

REGISTRATION

- The Fondo Clinics require pre-registration and participants records will be kept for contact tracing purposes. It's the responsibility of the clinic coach to record attendance weekly and submit this to program manager to keep.
- Upon registration for the clinics all participants must sign a Release of Liability & Waiver of Rights form. The personal risk of participation of organized activities such as the Fondo Clinics will be emphasized.
- The registration process will also include a COVID-19 questionnaire and declaration required to be completed before the first clinic. The declaration of compliance with Covid-19 protocol will be for the entire program duration of 10-weeks. A verbal screening for Covid symptoms by the Coach will be recommended weekly.

CLINIC LOCATION

- The meeting locations for the clinics will be in a large outdoor space to allow for the safest environment for the group, as well as to minimizing contact with possible contaminated surfaces.
- Meeting locations will not offer any changing facilities or lockers. Participants will have to arrive at the training session in their cycling attire, prepared to ride and leave valuables and belongings in their cars or at home.
- The clinic coach and ride leaders will be advised to follow not only the safety plan and guidelines of RBCGranFondo and SportMedBC, but also those applicable to the meeting location. Any specific guidelines and COVID-19 control measures will be shared with coaches, ride leaders and participants before the first clinic session. It is the responsibility of the clinic coach to familiarize themselves with these procedures.

PARTICIPANTS

- A maximum number of participants will be allowed to register for each clinic (maximum 20).
- It is likely that participants will be divided into smaller groups throughout the clinic sessions, for the purpose of providing a more efficient training sessions. However, there are currently no restrictions requiring this.
- RBCGranFondo and SportMedBC request that all participants arrive to their clinic wearing a mask and keep it on until physical activity begins, and ask that masks are put back on once the session is complete. The use of masks during activity, and “on the field of play” will remain optional provided the above measures are implemented and followed.
- Each participant will be expected to evaluate their health before registration and each weekly meet up session. If they have (or had within the last 10 days) any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath), they are instructed to NOT participate in the clinics and stay at home.
 - [BC COVID-19 Self-Assessment Tool](#)
- Any participants who are feeling sick or showing signs of symptoms will be removed from the training session and asked to contact 8-1-1 or a doctor for further guidance.
- All participants are required to:
 - practice enhanced hygiene by sanitizing hands, cover their mouth/nose with tissue or elbow crease when coughing/sneezing and refrain from touching any part of their face.
 - not share equipment such as water bottles, towels, food etc.
 - not shake hands, embrace, high-five etc.

CLINIC COACHES AND RIDE LEADERS

- Obligatory training will be held with the clinic coaches and ride leader team before the start of the Fondo Clinics program.
- Clear roles and responsibilities will be identified with coaches and ride leaders in the event of a case or outbreak is reported. The clinic coach has the authority to modify, restrict, postpone, or cancel activities.
- If a participant, ride leader or coach report that they are suspected or confirmed to have COVID-19 and have attended a training session SportMedBC management, the host location (if applicable) and all clinic participants must be notified immediately.
- In the event of a suspected case or outbreak of influenza-like-illness, a SportMedBC representative will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at the local health authority.
- Any coaches or ride leaders who are feeling sick or showing signs of symptoms will be removed from the training session and asked to contact 8-1-1 or a doctor for further guidance.
- All coaches and ride leaders will be informed of hygiene and sanitation protocol as per Provincial Health Officer's recommendations, and hand sanitizer and/or hand washing facilities will be available at the meeting location.
- Personal Protective Equipment (gloves, masks, etc.) will be on hand and available to coaches and ride leaders. Where risk of exposure is high (cannot maintain physical distancing), PPE will be required. However, PPE is not to be used as a substitute for more effective safety measures (distancing, hygiene).

If you have any questions with regard to the safety plan outlined above please contact Program Manager, Jenny Soderman.

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Thank you for your cooperation.

RBCGranFondo & SportMedBC Team