



Burnaby Velodrome Club COVID 19 Safety Plan

**SEE YOU
ON THE BOARDS**

Thorough hand washing with plain soap and water is still the single most effective way to reduce the spread of illness. [source](#)

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1) Return to Track Cycling amid COVID-19 Pandemic

On May 15th 2020, Premier John Hogan announced the Go Forward Manager Strategy for the Province of British Columbia. The plan includes four (4) phases which range from full operation of the province without restriction (Phase 4) all the way down to shelter in place (Phase 1). As the province now moves into Phase 2 considerations are in place for engaging in community sport activities. Under the support and guidance of viaSport and Cycling BC the Burnaby Velodrome Club has established the following COVID-19 Safety Plan to ensure a successful transition back to track cycling at the Harry Jerome Sports Centre.

2) Background

a) COVID-19 Information from BCCDC

Coronaviruses are a large family of viruses found mostly in animals. In humans, they can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). The disease caused by the new coronavirus has been named COVID-19.

While many of the characteristics of COVID-19 are still unknown, mild to severe illness has been reported for confirmed cases.

The [BC COVID-19 Self-Assessment Tool](#) is available for anyone that develops [symptoms](#) and can be used to help determine if you need further assessment or testing for COVID-19.

b) Transmission

According to the BC Centre for Disease Control, the virus spreads mainly by droplet contact from person-to-person. This is achieved when:

- An infected person coughs or sneezes when within two (2) meters of another (within about 6.5 feet).
- These droplets land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- These droplets land on surfaces and a non-infected person touches that surface and then touches their own mouth, nose, or possibly their eyes,

Review BC Centre for Disease Control for information: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/how-it-spreads>

c) Signs and Symptoms

The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and common cold. They include:

- Cough
- Sneezing
- Fever
- Sore throat
- Difficulty breathing

Symptoms may appear 2-14 days after exposure.

Review BC Centre for Disease Control for information: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

3) Resources

The following document was developed in consultation and consideration of the following resources.

- a) [Province of BC Restart Plan](#)
- b) [viaSport Return to Sport Guidelines](#)
- c) [CyclingBC Return to Play Guidelines](#)

4) Safety Plan Responsibilities

a) Board

The Board of the Burnaby Velodrome will:

- Ensure that a copy of the COVID-19 Safety Plan is implemented, maintained and available to Employees.
- Select, implement, and document the risk assessment and appropriate site-specific control measures.
- Ensure that the all resources (information, authorization administrative changes, technology, training, human resources) and materials (personal protective equipment, equipment, cleaning and disinfecting products and systems) required to implement and maintain the plan are reasonably made available as practical when required.
- Ensure that employees, volunteers and members are informed about the content of this plan.
- Conduct a periodic review of the plan's effectiveness. This includes a review of the available control technologies to ensure that these are selected and used when practical.
- Maintain records of employee training and inspections.

b) Employees, Volunteers and Members

Burnaby Velodrome Club employees, volunteers, and members will:

- Know the hazards of the velodrome related to COVID-19.
- Follow established procedures and instructions as directed by the Board.
- Appropriately use and maintain any required personal protective equipment, as instructed, and trained.
- Report any unsafe conditions or acts to the BVC Board.
- Know how and when to report potential exposure incidents.

5) Risk identification and assessment

Two (2) primary routes of transmission are anticipated for pandemic influenza COVID 19, each of which need to be controlled under typical situations, a third route of transmission is included for track cycling. These include contact, droplet transmission and airborne.

a) Contact transmission, both direct and indirect

Direct contact involves skin-to-skin contact, such as patient care or emergency response activity that requires direct personal contact (for example, shaking hands) Indirect contact involves an employee touching a contaminated intermediate object such as a table, tools, water bottle, hand pump, and then touching the eyes, nose, or mouth. Contact transmission is important to consider because viruses can persist on hands and on surfaces. At this time, it is believed that the virus can last up to several days depending on the surface material.

b) Droplet transmission

Large droplets may be generated when an infected person coughs or sneezes, breaths heavily and during certain medical procedures such as cough induction. Droplets travel a short distance through the air and can be deposited on inanimate surfaces or in the eyes, nose, or mouth of others in the area.

c) Airborne transmission

At this time, BC CDC does not believe airborne transmission to be a route of transmission, as the droplets are too large to remain airborne beyond the two (2) meters from point of origin. However, during activities such as cycling where there is substantial wind speed created droplet may remain suspended for greater than 2 meters or for longer periods of time before they fall to the ground.

d) Track Cycling Risk Description

Track cycling under the control of the Burnaby Velodrome Club takes place indoors at the Harry Jerome Sport Centre located at 7564 Barnet Highway Burnaby, British Columbia V5A 1E7. The facility is under the control and operation of Volleyball British Columbia (VBC) a Provincial Sports Organization. The control and management of access to the facility is under the jurisdiction of VBC.

Track cycling is a non-contact sport where athletes participate in various types of events from individual races against the clock to group races with up to 20 athletes on the track at one time. During an event with more than one athlete it is expected that athletes will take advantage of drafting. Drafting in large groups could increase the risk of exposure due to the proximity of the riders, the increased respiration rate as well as the dispersion plume generated by the speed of the rider.

The following risk assessment looks at the various uses of the velodrome and those types of individuals and athletes that would access the facility.

e) Risk Assessment of velodrome activities during COVID 19 Stage 2

Role	Low Risk Individuals who typically are not required to be within 2 meters of other adults.	Moderate Risk Individuals who are riding within the draft of another rider or next to another person for a prolonged period of time.	High Risk Individuals who must respond to give first aid to symptomatic individuals.
<i>Track Attendant</i>	X		
<i>Track Coach</i>	X		
<i>Cyclist – Riding Group</i>	X		
<i>Cyclist – Riding Rollers</i>	X		
<i>Spectators</i>	X		
<i>First Aid Attendant</i>			X
<i>Cyclist – Riding individual races</i>	X		
<i>Cyclist – riding individually on the track</i>	X		

f) Control measures based upon risk level for COVID 19

	Low Risk Individuals who typically are not required to be within 2 meters of other adults.	Moderate Risk Individuals who are riding within the draft of another rider or using a starting gate or holder	High Risk Individuals who must respond give first aid to symptomatic individuals.
<i>Airway protection — Nonsurgical masks</i>	Not required - Voluntary	Not required - Voluntary	Yes, (nonsurgical mask) if treating casualty within 2 meters
<i>Disposable gloves</i>	Not required	Not required	Yes, if treating casualty within 2 meters and open wounds.
<i>Eye protection — glasses or helmet visor</i>	Not required	Recommended	If treating within 2 meters.
<i>Droplet shield</i>	Yes - if required to offer service to the members within 2 meters.	Not required	Not required
<i>Physical Distancing</i>	Yes – keep 2 m apart when not riding.	Yes, when possible keep your distance at greater than 7 m back to front.	Yes, if possible, promote self-treatment.
<i>Hand hygiene</i>	Yes (washing with soap and water, using an alcohol-based hand rub, or using hand wipes that contain effective disinfectant)		
<i>Increased daily cleaning of touchpoints</i>	Yes – metal bike racks and door to bike storage. Remainder of the facility under the control of VBC.		
<i>Social etiquette changes</i>	Yes – no shaking hands or hugging as a formal greeting, cough and sneeze into inner crease of elbow		
<i>Out of Province Riders</i>	Phase 2 - Not permitted at this time. Phase 3 – consideration given		
<i>Isolation</i>	Yes – if you <ol style="list-style-type: none"> 1. have symptoms, even if mild, associated with COVID-19 or 2. have been diagnosed with COVID-19 or are waiting for laboratory test results or 3. have been advised to do so by your Public Health Authority 4. Access to the facility is prohibited 		
<i>Self-isolation</i>	Yes – If you have no symptoms and may have been exposed to COVID-19 as a result of: <ol style="list-style-type: none"> 1. travelling outside of Canada within the last 14 days or 2. coming in close contact with someone diagnosed with COVID-19 3. have been asked to do so by your Public Health Authority 4. Access to the facility is prohibited 		
<i>Self-monitor</i>	Yes – if you: Have no symptoms and may have been exposed to COVID-19 in the last 14 days or are in close contact with older adults or people who are medically vulnerable, or you periodically go to public places – shopping, worksite - or have been asked to do so by your Public Health Authority.		
<i>Tool borrowing</i>	Phase 2 - Limited – plan to be self-sufficient while at the track. Phase 3 – acceptable plan to be self-sufficient		

g) Risk control

Infectious disease controls shall be considered for implementation in the following order of preference:

1. Engineering controls –install droplet shield barriers for those working behind service counters.
2. Administrative controls – hand hygiene, physical distancing while riding, while in the infield, floor lines, communications, self monitor, self-isolate, isolate, enhanced environmental cleaning, suspend helmet rental,
3. Personal protective equipment (PPE) – respirators, gloves, glasses or goggles, face shield
4. Personal droplet containment – non-surgical masks, homemade masks, bandanas, buffs

It is expected that **administrative controls** will have the most significant impact on reducing exposure risk.

h) Education and Training

- i) Employees, volunteers and members will receive information or training in the following:
 - (1) The risk of exposure to COVID 19 and the signs and symptoms of the disease.
 - (2) Proper COVID-19 germ control etiquette including:
 - (a) Physically distancing – 2 m while not riding, 7 m while riding
 - (b) Frequent hand hygiene
 - (c) Coughing and sneezing into the crease of your elbow
 - (d) Disposing of all used tissues
 - (e) Wiping down shared equipment
 - (3) How to report a potential exposure to or symptoms of the COVID 19.

6) Health monitoring

Employees volunteers and members will promptly report any symptoms of COVID 19 to 8-1-1 to get further information on self-monitoring, or the need to self-isolate.

- Take the BC Health COVID 19 self assessment test <https://bc.thrive.health/>
- Notify your track attendant or Board member of contact tracing requirements.
- All members and staff must acknowledge that they are free of symptoms prior to returning to the track.

7) Record keeping

- a) The Burnaby Velodrome Club will keep records of:
 - i) instruction and training provided to employees and volunteers regarding the COVID 19, as well as reports of exposure and first aid records.
 - ii) Acknowledged participant agreements
 - iii) Attendance at riding sessions

8) Periodic Review

The plan will be updated, as new and updated information is made available via www.burnabyvelodrome.ca.

9) COVID-19 Germ Control: Physical Distancing



Coronavirus COVID-19
BC Centre for Disease Control | BC Ministry of Health


BRITISH COLUMBIA
Ministry of Health

REDUCE THE SPREAD OF COVID-19




**PHYSICAL DISTANCING
IN PROGRESS**

**Maintain a distance of at least
2 arms lengths from others.**



If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.



Phase 2



10) COVID-19 Germ Control: Hand washing



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Hand Hygiene

SOAP OR ALCOHOL-BASED HAND RUB: Which is best?



Either will clean your hands: use soap and water if hands are visibly soiled.



Remove hand and wrist jewellery

HOW TO HAND WASH

1



Wet hands with warm (not hot or cold) running water

2



Apply liquid or foam soap

3



Lather soap covering all surfaces of hands for 20-30 seconds

4



Rinse thoroughly under running water

5



Pat hands dry thoroughly with paper towel

6



Use paper towel to turn off the tap

HOW TO USE HAND RUB

1



Ensure hands are visibly clean (if soiled, follow hand washing steps)

2



Apply about a loonie-sized amount to your hands

3



Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)

a) COVID-19 Germ Control: Cough and sneeze etiquette Link

Coughing and sneezing etiquette

Cover your mouth and nose with a tissue.

Dispose of your tissue properly.

If there is no tissue, cough or sneeze into the bend of elbow – not your hand.

If you sneeze or cough into hand, wash your hands as soon as possible.

Source: US Centres for Disease Control and Prevention

11) General COVID-19 Instructions and Risk Controls

- a) All employees, volunteers and members must:
 - i) sign the [CyclingBC COVID-19 Declaration](#).
 - ii) sign the online BVC online COVID-19 waiver.
 - iii) Call 8-1-1 and take the BC Health Link COVID 19 self-assessment test <https://bc.thrive.health/> if they are feeling ill
 - iv) not come to the HJSC
 - (1) for 10 days from when they are sick with COVID-19 as confirmed by a physician
 - (2) if they have been told to self-isolate or isolate.
 - (3) If they have travelled outside of the country within the last 14 days
 - (4) If they have had recent contact with a person confirmed of having COVID-19.
 - v) Follow the protocols for accessing the facility implemented by VBC upon entry.
 - vi) Notify the Board or staff as applicable of any COVID-19 symptoms you are experiencing when at HJSC using the velodrome and terminate your session.
 - vii) Practice physical distancing >2 meters when using the infield or signing in.
 - viii) Practice frequent hand hygiene.
 - ix) Refrain from typical handshaking or hugs as a greeting while in the facility.
 - x) Wipe items down if you have used a communal tool. i.e. chairs, pumps, bikes
- b) Velodrome specific risk controls
 - i) During Phase 2 of the Provincial Restart Plan
 - (1) Only one person is permitted in the BVC office at a time.
 - (2) Only certified members (completion of the Learn to Ride program) are permitted to sign up and use the velodrome at this time.
 - (a) during Phase 3 Learn to Ride programs will be offered at the discretion of the Board.
 - (3) Members must enter the tack infield using the north tunnel.
 - (4) The infield is limited to track attendants, riders, Board members, and coaches.
 - (5) The maximum number of members in the infield is thirty (30).
 - (a) Members must physically distance while on the infield by using both sides of the volleyball courts, as necessary.
 - (6) The maximum number of members riding the track at one time is ten (10).
 - (7) Riding session durations including start times and end times will be determined by the Board.
 - (8) Members
 - (a) must sign up for track time online in advance.
 - (b) that do not sign up in advance will not be permitted to ride during Phase 2 and 3.
 - (c) Come to the track in your riding clothes or ready to ride. Limit the need to use the change room facilities
 - (d) must not show up to the infield in advance of 30 minutes prior to their booked time.
 - (i) But may ride rollers in the corridor by the picnic tables near the BVC office in advance of that 30-minute period
 - (e) may stay beyond their booked session if the following session has not reached the maximum member capacity (ask the track attendant).
 - (f) must leave the infield within 25 minutes after their allotted riding block if the next 2 sessions are fully booked.
 - (g) must wipe down chairs and rental bikes when finished a session.
 - (h) must follow COVID-19 etiquette.
 - (9) Household members may ride within the draft of other household members as well as sit within 2 m of each others while on the infield.
 - (10) Individuals (non-household members) must maintain approximately 2 m between riders. (Body to body therefore approximately 1 meter between wheels)
 - (a) Use the sprinter's lane and the stayer's line as instructed by the Track Attendant

- (i) To overtake a rider in the sprinter's lane, riders will shoulder check and move to the stayer's line when safe to do so, riders on the stayer's line will move to the rail to overtake.
 - (ii) Do not return to the original riding line until you are at least 2 m in front of the rider you have overtaken
 - (11) Close bunch riding and close drafting is prohibited at this time.
 - (12) Group competition is prohibited in this Phase 2 and 3
 - (13) The use of the motorbike is prohibited during Phase 2.
 - (14) Individual competition – Timed events – will be permitted and hosted at the discretion of the Board. Including:
 - (a) Flying 200m
 - (b) 500m TT
 - (c) 1000m TT
 - (d) 2000m IP
 - (e) 3000m IP
 - (f) 4000m IP
 - (15) The frequently touched items under the control of BVC will be wiped down multiple times during each block.
- c) Arriving at the track
- i) Sign in at the VBC kiosk or desk
 - ii) Fill out the COVID-19 self-assessment checklist
 - iii) Sanitize your hands
 - iv) Proceed to the track to check in table – top of the north tunnel on the infield
 - (1) Verification of:
 - (a) CyclingBC COVID-19 Declaration
 - (b) BVC/VBC Online waiver
 - (c) Session booked in advance
 - (2) Authorization give to proceed or not

12) Via Sport key information

The following five principles from B.C.'s Restart Plan have been used to guide this document.

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes may increase Limited spectators 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Some shared equipment Enhanced cleaning protocols in place 	Shared equipment

*Introduction of competitive activities should be in alignment with Sport Specific guidelines

13) Revision Log

Revision	Description of changes
29-Jun-2020 V1.1	Section 2 – Removed – Background information related to Influenza and WHO/BCCDC. Sec 2(a) Changed “COVID-19 Fact” to “COVID-19 Information from BCCDC” and changed content to reflect BCCDC content.
21-Jun-2020 V1.0	Initial release of document