

These Covid-19 Rules are in addition to the pre-Covid BC Randonneur rules for [Brevets](#) and [Permanents](#). They may be updated to address changing conditions. In the event of a conflict, the Covid-19 rules prevail.

1 No Ride (Brevets and Permanents)

You may not participate in a BC Randonneurs Cycling Club event if any of the following conditions apply:

- you are a minor in BC,
- you are not a current (2020) Club member,
- you have not agreed to the terms of the new Covid-19 Waiver,
- you have not agreed to the terms of the Event Waiver,
- you have not registered for the event,
- someone other than you has registered for the event on your behalf,
- for a Brevet, you have not been issued your event control card file by the organizer,
- you are required or have been directed to self-isolate as per BC Public Health Authority, and/or
- within 14 days prior to event start:
 - you have had symptoms of COVID-19. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and unusual muscle aches or headache,
 - you have lived in a home with or have been in close contact with someone who has COVID-19 or is showing symptoms, or
 - you or someone you live with has arrived in BC from outside of Canada.

If you ride the event route in contravention of the above 'No Ride' rules, you will not receive Club recognition for the distance, you will not be covered by the Club's liability insurance, and further membership sanctions may be applied.

2 Registration for Brevet Events

A new on-line registration process is in place to replace the close-contact interactions (waivers, payment, cue sheets, control cards, pins) that traditionally happen at the start and end of our Brevets.

This new process supports the Club's efforts to minimize rider congestion, ensure membership and waiver compliance, and support expedient contact tracing, if required post-event.

There are two new allowances which organizers may apply to events. Organizers may:

- specify an 'allowable' start window of multiple days before and after the Schedule Start Date, and/or
- impose restrictions such as rider experience requirements, and participant limits.

Any such allowances will be indicated on the on-line event registration form and the Event Schedule page, after registration has opened for the event.

Participants must:

- register using the on-line registration link found on the Event Schedule page,
- register **at least 3 days prior** to their intended start time, and
- register as either an individual rider or as part of a named **Group of up to 4**. For events with a specified start window, all riders of the same Group must select the same start time on their event registrations.

3 Registration for Permanent Events

The current Permanent ride registration [procedures](#) are unchanged except for a new requirement for riders to read and agree to the terms of the new Covid-19 waiver, in addition to those of the Event Waiver.

4 Proximity Risks

Group Rider Contact List and Risk Acknowledgement

- Prior to the start, each rider must list the names of the other riders in their registered Group, on the **Contact List** section of their Control Card. (Solo riders will have no names on their list.)
- Smaller Groups may combine, for all or a portion of the route, to form a larger **Group (up to 4)**. All riders involved must explicitly acknowledge their agreement to ride as part of the larger Group by adding each others' names to their own Contact List.
- Riders are limited to a **maximum of 6 names on their Contact List** for the duration of the event. Riders may leave one Group and join another, UNLESS by joining they would exceed their limit.
- After the event, you must **submit your Control Card** with your Rider Contact List as directed by the registration process. THIS IS IMPORTANT in case post-event contact tracing is required.

Physical Distancing between riders (unless rider safety is in jeopardy):

- Except for those within the same 'social bubble', all riders must maintain a physical distance of **at least 2 m**, from all other persons, both on and off the bike. This includes all members of their Group.
- Riders within the same 'social bubble' must maintain a physical distance from all other persons, except for their 'bubble-mates', of **at least 2 m**, both on and off the bike. This includes all other members of their Group.

Physical Distancing between Groups (considering solo riders as a Group of one):

- On the road, Groups are to **maintain separation of at least 500 m** (except to pass) to limit the likelihood of congregation.
- Groups must take action to **limit congregations to no more than 10 persons**, and pay particular attention to the start, finish, and intermediate controls. This can include delaying or advancing a start, shifting a start location, and moving away from a control point to update control cards.

5 Contact Risks

- Carry a face mask, hand sanitizer, and wipes.
- Carry an accessible handkerchief or tissues and practice enhanced hygiene.
- Avoid touching your face, eyes, nose, and mouth.
- Sneeze or cough into your elbow. No hugs, handshakes, or high fives.
- Use hand sanitizer / wash hands before and after entering establishments.
- Use a face mask if you enter an establishment which requires one.
- Do not share food, water, or equipment, except among members of a 'social bubble'.
- If you stop to provide or receive assistance, consider the need for a mask and sanitize before and after. Review the [provincial health standards for close personal interaction](#) and [first aid](#).

6 Recommendations

- Dial it Back! Easing off from really hard efforts makes a rider better able to self-assess any onset of symptoms, be more conscious of new habits around distancing, and be safer on the road.
- Communicate with other riders in your group to ensure everyone is feeling comfortable.
- Use a rear-view mirror. They are helpful to manage distancing and safe passing.
- Be aware of the 'respiratory signature zone' behind moving riders and the risk mitigation associated with [greater rider spacing](#) at speed.
- Be aware of aerosolization on wet days from passing traffic.
- Carry extra food and water to minimize stops at establishments.
- Use a Tap card for any purchases and refuse paper receipts.
- Be self-sufficient – think about carrying that extra bit of gear.
- Avoid marginal conditions. Consider weather and traffic when selecting a start time.

- Bring ziploc bags for your Control Card / Cue Sheet – WHICH YOU NEED TO PRINT YOURSELF! There will NOT be an organizer handing out these documents at the start.
- Use heavier 'card stock' to print your Control Card; remember to BRING A PEN!
- Carpooling to the ride start - limit to people within your 'social bubble'.
- If you are a new randonneur, reach out to the organizer for advice and insight before your ride. Be aware that some events may be restricted to experienced riders only.

7 Routes / Controls

- All events will be unsupported. Volunteers will not be at the start nor the finish.
- Riders may organize personal support (e.g. water, food) at controls, provided that physical distancing and contact risk management is maintained.
- During the event, riders may alter the route as needed to respect local travel advisories, and still maintain the target ride distance.
- Expect all controls to be of the information / self-signed type only (honour system). Do not ask anyone to sign your card.

8 Communication

- Monitor and follow any Provincial Health orders.
- Monitor the randonneurs.bc.ca home page and the email address which you used to register.
- For Brevets, advise the organizers at registration@randonneurs.bc.ca:
 - if you determine in advance that you will be unable to ride on your registered start date,
 - immediately upon your ride completion, with your ride result (time, DNS or DNF), or
 - if you have any questions, concerns, or recommendations.
- For Permanents, contact the [Permanents coordinator](#).
- Communicate with all riders joining a Group about acceptance of risks within a larger Group. All riders within a Group must explicitly acknowledge that they are agreeable to riding with the other riders in the Group.
- If you feel yourself becoming ill on the ride, stop and advise the riders in your Group. Consider means to safely extract yourself from the event. This might include calling for pickup, short cutting the route home, or using public transit while wearing a mask and keeping your distance.

9 Outbreak Action Plan

- If you become ill with symptoms of COVID-19 on or after a Club ride, get immediate medical advice, call 811 and/or use the [BC Covid-19 Self-Assessment Tool](#).
- You must immediately notify the Club at registration@randonneurs.bc.ca:
 - if you **develop symptoms** or receive a **positive diagnosis** of COVID-19 within the **14 days following** a Club ride, and/or
 - if you are required by a health authority to self isolate due to a **close contact** with COVID-19 which occurred on the Club Ride or within the **prior 14 days** of the ride.
- Club personnel will respond to such a notification by reviewing the event registration records, and promptly informing each member who may have been in close contact with the potentially affected member (without disclosure of the suspected members name). Contacts will be advised to self-isolate if they have symptoms and seek further guidance from health authorities.
- Club personnel may contact the Emergency Contact if they cannot reach the member directly.
- Any registrations of the contacted members for future events within the 14 day isolation period will be cancelled by the Registration Team and paid fees refunded.
- All information regarding the member who was identified as potentially Covid-19 positive, and regarding any members who may have been in contact, will be kept confidential, unless to provide to the Provincial Health Authority on their order or request.

