



ONTARIO RETURN TO CYCLING UPDATE V.15 – June 29, 2021

The Provincial Government has announced that the province will move into Step 2 of the *Roadmap to Reopen* plan on June 30, 2021. As part of this plan, club and team activities are permitted under the following requirements as outlined in the published [provincial regulations 82/20](#):

- All activities must take place outdoors
- Group size is not limited but must comply with the following:
 - Group size must be manageable to ensure the safety of all participants
 - Groups are required to have a minimum of one (1) ride leader and/or coach (referred to as the Sport Trainer per the latest regulations)
 - Clubs/Teams with activities outside of Ontario must follow the most recent COVID-19 regulations/guidelines regarding supervised sport and/or fitness activities for the location in which the activity occurs.
- Physical distancing of 3m [extended from 2m] must be maintained at all times when participating in a sport or physical fitness activity
 - For clubs and teams with activities on the road, consideration must be given to the overall length of the group when on the road [as a result of physical distancing requirements]
- The Group leader/designate (Sport Trainer) must conduct a screening of participants [ensure participants indicate they do not have COVID-19 symptoms e.g. using a written (including online) or verbal questionnaire] [Example](#)
- The Group leader/designate (Sport Trainer) must record who participated in the activity and this must be kept on file with the club/team for a minimum of one month.
- The group leader/designate (Sport Trainer) is responsible for ensuring the club or team risk management plan with COVID-19 protocols (Safety Plan) is followed and made available to all participants in writing. Access to it DURING the activity must also be available.
- Club/teams have up-to-date Risk Management Plans, Ride Guidelines, and COVID-19 protocols aligned with the protocols above:
 - At any time, prior, during, or after a club activity, participants will be required to maintain a physical distance of at least 3m [unless indicated to allow less by the OCA Return to Sport Policy and latest local Government Regulations]

Individual Timed Training Efforts (Time Trial)

- Individual Timed Training Efforts overseen by a Sport Trainer (Ride Leader, Coach, Manager, Organizer, etc.) are not subject to a specific maximum amount of participants under the new Step 2 regulations but rather must meet the following criteria:
 - Services may not be provided, at one time, to more than the number of persons who can maintain a physical distance of at least three metres from every other person in the space where the services are provided.
 - Any person who is engaged in physical fitness or sports training activities must maintain a physical distance of at least three metres from any other person.
- For all Individual Timed Training Efforts, the Sport Trainer is responsible for:
 - Ensuring a Safety Plan is prepared and available during the activity,
 - Recording the name & contact information of every individual they are providing services to and maintaining this information for a minimum of one month (though we suggest longer),
- The Sport Trainer must actively screen individuals in accordance with the advice, recommendations and instructions of the Office of the Chief Medical Officer of Health before they engage in sports training activities
 - [EXAMPLE SCREENING FORM](#)

Reminder: All activities that have not been previously submitted and approved must be submitted to the OCA in order to be sanctioned.

For further questions, please contact the OCA office.