



# **Team Ontario Para-Cycling Defi-Sportif Project**

**Milton, Ontario  
April 22-24, 2022**

**Montreal, Quebec  
April 28-May 1, 2022**

## **Team Ontario Para-cycling Defi-Sportif Project**

April 22-24, 2022, Milton, Ontario, Specific Preparation Camp

April 28 – May 1, 2022, Montreal, Quebec, Defi Sportif races

## **Overview**

**Goal:** Deliver a high-quality athlete-centered training camp to align with specific preparation for the upcoming Defi-Sportif race weekend at the end of April.

The Ontario Cycling Association will be hosting a Camp to focus with athletes registered and planning to attend the 2022 Defi-Sportif races at the end of April in Montreal. Athletes will focus on race tactics while having the opportunity to work in higher energy zones in preparation for the races.

The camp staff will work with personal coaches to ensure training is aligned with the athlete's annual training plans and overall preparation towards the race weekend. Coaching staff will be on all rides and offer management and coaching support at the race events during Defi-Sportif.

## **Project Objectives**

- Develop race specific tactics and skills for preparation for the upcoming race weekend
- Provide an opportunity to refine early-season bike skills in an outdoor setting
- Support athletes at an international race event with opportunity for performance comparison to National Performance standards.

## **Staff and Support**

**Lead Coach/Project Lead** - Blaine Betzold

**Coach + Ride Leader** - Matt Steeve

**Project manager** – Chantal Thompson

**Ride Leader** - Brandi Rae

**Ride Leader** - Adrian Saywell

Blaine Betzold (905)973-9247

Matt Steve (905) 685-2239

Chantal Thompson (416)855-1717

Brandi Rae (905)380-3955

Adrian Saywell (647)999-5541

**OCA Office**

416.855.1717

## **Athlete Requirements**

Athletes must:

- have reviewed, understood, and abide by ALL COVID-19 Protocols outlined in this document and attached Appendices
- communicate/respond to the project coaches prior to the camp regarding any health issues/changes, disruptions to their training, and any general concerns [non-disclosure of injuries which place the athlete and project at risk may be subject to OCA Discipline Policy]
- be respectful of all project coaches and athletes.
- be prepared for the volume of training taking place
- arrive fully prepared with appropriate clothing, bike tools, extra-parts, and functional bike
- adhere to the OCA Code of Conduct at all times

Any deviations from the above could result in athletes being sent home from the camp at their cost and the infraction being submitted through the OCA Discipline and Complaint process

## **Accommodations**

Athletes will be responsible for arranging their own accommodations both for the camp and at the Defi-Sportif event.

## **Schedule of Events**

Friday April 22, 2022

**Late Afternoon** Athletes arrive in Milton, meet in the upper parking lot of the Mattamy National Cycling center. Athletes will then be assigned with their ride leader and take part in their groups assigned ride. Discussion of efforts and skills to focus on will be made transparent for expectations on the ride.



Saturday April 23, 2022

- 9:00 am** Athletes to meet in the assigned conference room at the Mattamy National Cycling Centre for a classroom session. Classroom session will include but not limited to: "Virtual finish line", race tactics, course review, Defi Sportif schedule, expectations, and regulation review.
- 11:30 am** Lunch break
- 12:30 pm** Athletes will then be assigned with their ride leader and take part in their groups assigned ride. Discussion of efforts and skills to focus on will be made transparent for expectations on the ride.

Sunday April 24, 2022

- 9:00 am** Athletes arrive in Milton, meet in the upper parking lot of the Mattamy National Cycling center. Athletes will then be assigned with their ride leader and take part in their group assigned ride. Discussion of efforts and skills to focus on will be made transparent for expectations on the ride.

Lead coach will organize a starting order and individually start athletes for a time trial practice. Coaches will use this as an assessment of the athlete's knowledge and skill capability for use in time trial racing.

Thursday April 28, 2022

- 1:00 pm** Course recon and individual pre-riding with coaching staff at the race venue
- 5:00 pm** Pre-riding complete

Friday April 29, 2022

- 10:00 am** Course pre-riding, race tactic review
- 2:00 pm** Athletes off course and prepare for the racing the next day

Saturday April 30, 2022

- 8:00 am** Athletes arrive at the race venue and prepare for the individual time trial.
- 7:00 pm** Athlete race de-brief and preparation for the road race

Sunday May 1, 2022

- 8:00 am** Athletes arrive at the race venue and prepare for the road race
- Afternoon** Athlete race debrief and project completion

## **Health and Safety**

Athletes must inform coaches if they are dealing with any injuries, experiencing any pain, or feelings of illness immediately.

Any head injury requires adherence to the OCA Concussion Policy [<https://ontariocycling.org/forms/oca-concussion-code-of-conduct-online/>] and any return to training/competition will require doctor or nurse practitioner clearance and family clearance [if under 18].

**The OCA will adhere to strict Covid-19 protocols at all times.** This includes adherence to all provincial regulations as well as any internal policies established by the coaching staff during the camp. Should an athlete fall ill or test positive for Covid, they will be required to isolate and may be moved to an alternative location to separate them from the other athletes (if a shared accommodation situation is involved).

Athletes may also be isolated in the event of other communicable infections, i.e. gastro-intestinal, flu, common cold etc. It is expected that all athletes share their health status at the first signs and/or symptoms of illness to help contain the spread of illness through athletes and staff.

## **Additional COVID Protocols**

### **Coaches**

- Coaches will carry Personal Protective Equipment [PPE] and will be the only ones to assist an athlete in the event of injury.
- Coaches will remove any athlete displaying symptoms, of any illness, immediately from the camp.
- Coaches will remove any athlete failing to abide by the indicated safety protocols including but not limited to sharing of water bottles/food, tools, or failing to maintain a distance of 2m from other participants during all activities.

### **Athletes**

#### ***Prior to Arrival at Camp***

Athletes must be in 100% health and be able to answer “no” to the Screening Questionnaire [see Appendix A]

## **Ontario Cycling Membership**

It is 100% mandatory that athletes have their UCI licenses or Provincial Race License from the OCA for the 2022 season. A UCI license is required if you are planning to race at Defi-Sportif. We will be collecting every athlete's emergency contact information upon registration for the camp.

## **Bike/Equipment**

Please note that you must have your bike in perfect condition for the camp. If you are on an older bike, make sure the cables are new, the drive train is in good condition and that you have new brake pads. If you are on a new bike, make sure it fits well and that you have spent some time in the bike and are comfortable. Athletes must be self-sufficient and able to fix a flat and be self-sufficient while training on the road.

### **Spares parts to pack:**

A comprehensive packing list will be sent to athletes prior to departure.

- **Several tubes**
- **Spare Tire**
- **Pump for on your bike** each athlete should have a frame pump that they can carry while training. Make sure anything you bring is labeled with your name.
- **Bike Computer** [if you don't have one available, please let us know as we have a few available]
- **Seat bag** for tools etc.
- **Rags** for cleaning your bike.

## APPENDIX A

Please respect our need to “do this right”. The OCA and its coaches have all agreed to participate within these guidelines, putting personal and organizational credentials on the line to help ensure the health and safety of all participants and the public as a whole. We understand that there are a number of new rules in place, and this can be frustrating, but it is all of our responsibility to do our part to prevent the spread of COVID-19. Please take the time to read and understand your responsibilities within the protocols below.

### Preparation for your activity:

- Wash your hands with soap and water prior to going out for any cycling activity
  - Public Health Ontario Factsheet on How to wash your hands (<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en>)
- Ensure you bring hand sanitizer with you (recommended 60% alcohol content minimum)
- Clean ALL your equipment prior to heading out including wiping down your handlebars, glasses or protective lenses, and ensuring you have a clean water bottle
- Do not share equipment
- Make sure you have enough snacks/liquid with you to ensure you don't have to stop along your ride or use a tap/water fountain
- Consider wearing an appropriate mask during lower intensity training/riding, making sure the mask covers both the mouth and nose
- Consider wearing gloves
- If you cough, sneeze, or blow your nose, ensure this is done by covering your mouth and nose with your arm/sleeve, turning away from others, and that no other individuals are nearby at the time
- Ensure you are aware of the basic bike maintenance necessities and equipped with the appropriate tools prior to attending your activity.
- Confirm that your bike is in good working order prior to attending any activity.
- Considering bringing a fully charged cell phone with you in case of emergencies.



**While participating in your sanctioned activity:**

- Avoid all physical contact where possible including hugs, handshakes, high fives and fist bumps.
- Avoid touching your face.
- Do not share snacks/water bottles, or anything that could create unnecessary close contact.

**After your activity:**

- Ensure you wash your hands or use appropriate hand sanitizer to disinfect your hands as soon as possible after your activity or as soon as you return home.
- Ensure you wash/sanitize all used clothing and disinfect all cycling equipment including, but not limited to your helmet, sunglasses/protective lenses, handlebars, water bottle, etc.

## APPENDIX B

### Safe Sport and Anti-Doping Training

#### HOW TO REPORT INAPPROPRIATE BEHAVIOUR?

Ontario Cycling Association encourages anyone who has experienced or witnessed inappropriate behavior or conduct to report it urgently. This can be done through the Provincial Coach [Rob Holmgren], High Performance Manager [Michael Suraci], or by using one of the support lines below.

Complaints which breach the Ontario Cycling Code of Conduct can be submitted through to the Ontario Cycling Association's Discipline and Complaints Process [Here](#).

Any behavior or abuse that is criminal in nature or has the potential to place participants, particularly those within a vulnerable population [e.g. children], in a danger should be reported to local police services immediately.

#### Canadian Sport Helpline:

- **Telephone:** 1-888-83-SPORT (77678)
- **For Website:** [CLICK HERE](#)

#### Kids Help Phone:

- **Call a Counsellor:** 1-800-668-6868
- **For Website:** [CLICK HERE](#)

#### Anti-Doping Training

**All athletes** are required to have completed the **CCES True Sport Online Anti-Doping Course** within the past two years. Athletes must provide evidence of completion to [chantal.thompson@ontariocycling.org](mailto:chantal.thompson@ontariocycling.org)

#### If you have taken the CCES online course previously:

- Use this link to Login: <http://education.cces.ca>
- **Use the login information you previously created.**
  - Contact the CCES if you have forgotten your login information. **Do not use the enrollment key below to create a new account.**
- **Send course completion award to** [chantal.thompson@ontariocycling.org](mailto:chantal.thompson@ontariocycling.org)



**If you are taking the CCES online course for the first time:**

- Please follow this link: <http://education.cces.ca/#/signup>
- Enrollment Key: **CycOnt**
- Password: **FR3PKLxF**
  1. **Your email address will become your username.**
  2. Create a password you will remember.
  3. Log in with your new username and password.
  4. Go to "**My Courses**"
  5. You must complete the "**Profile**" module before you can start the course.
  6. Return to "**My Courses**" to begin the course.

## **APPENDIX C**

### **HP Project Emergency Action Plan**

#### **Roles and Responsibilities**

##### **Charge person**

- Clear the risk of further harm to the injured person by securing the area and shelter the injured person from the elements. May involve sending someone up the road to warn on-coming traffic if injured person is on a live roadway.
- Designate who is in charge of the other participants.
- Protect yourself (wears gloves if he/she is in contact with body fluids such as blood).
- Assess ABCs (checks that airway is clear, breathing is present, a pulse is present, and there is no major bleeding).
- If injury does not require EMS Coach(es) will determine best course of action for athlete and equipment return to accommodations
- Wait by the injured person until EMS arrives and the injured person is transported.
- Fill in an accident report form.

##### **Call person**

- Call for emergency help.
- Provide all necessary information to dispatch (e.g. facility location, nature of injury, what, if any, first aid has been done).
- Clear any traffic from the entrance/access road before ambulance arrives.
- Wait by the driveway entrance to the facility to direct the ambulance when it arrives.
- Call the emergency contact person listed on the injured person's medical profile.
- Once emergency is under control (person is with medial staff and emergency contacts have been notified of the situation) contact the OCA Office designate to inform them of the situation



## **EMERGENCY ACTION PLAN, Milton Ontario**

Project head coach or designate must complete the following information and ensure all project staff knows exactly where it can be found for at every facility/training at which he/she instructs.

**EVENT:** OCA Para-Cycling Defi-Sportif Preparation Camp

**SITE:** Milton, ON

**PROJECT MANAGER:** Blaine Betzold/Chantal Thompson

**ALTERNATE CHARGE PERSON FOR PROJECT:** Matt Steeve

**LOCATION OF FIRST AID KIT:** Lead coach will have a small emergency kit with them, First-aid including AED can be found inside the Mattamy National Cycling Centre

**LOCATION OF MEDICAL PROFILES:** (incl. emergency contact): coaches will have digital and printed copy of each participant's medical profile

**EMERGENCY NUMBER:** 911

**HOSPITAL:** 725 Bronte St S, Milton, ON L9T 9K1, [\(905\) 878-2383](tel:9058782383)



## **EMERGENCY ACTION PLAN, Montreal, Quebec**

Project head coach or designate must complete the following information and ensure all project staff knows exactly where it can be found for at every facility/training at which he/she instructs.

**EVENT:** OCA Para-Cycling Defi-Sportif Preparation Project

**SITE:** Greater Montreal area, Quebec

**PROJECT MANAGER:** Blaine Betzold/ Chantal Thompson

**ALTERNATE CHARGE PERSON FOR PROJECT:** Matt Steeve

**LOCATION OF FIRST AID KIT:** Lead coach will have a small emergency kit with them

**LOCATION OF MEDICAL PROFILES:** (incl. emergency contact): coaches will have digital and printed copy of each participant's medical profile

**EMERGENCY NUMBER:** 911

**HOSPITAL:** Hospital Notre-Dame, 1560 Rue Sherbrooke E, Montréal, QC H2L 4M1  
(514)413-8777