

Covid-19 Policy and Precautions

Cycle Across Oz

AIMS:

- Cycle Across Oz will continue to run our calendared events at the discretion of the Ride Organisers (ROs), unless and until there is some government edict banning sporting events of this nature.

Riders Responsibilities:

- ROs, riders and any volunteers will need to exercise due care and follow etiquette with regards to food handling, sanitation and “social distancing.”
- While bike riding is still one of the activities that can be undertaken individually and in groups, we ask that participants don't attend any rides for fourteen days if:
 1. You have been in any of the high risk declared zones
 2. You are concerned you may have been in contact with anyone that has Coronavirus
 3. If you develop a fever or cough, seek medical advice urgently, isolate yourself and do not attend any rides. Seek a Covid testing immediately.
- At briefings and during rides, maintain the recommended spatial distances, 1.5 m. You can go for a ride with other people but each person must maintain physical distancing and stay 1.5 metres apart. During the ride, do not “snort” (clearing your nose) and capture any sneezes or “dew drops”.
- Currently: In the ACT, New South Wales and Tasmania no more than 10 people can ride together. In Queensland, Victoria and Western Australia no more than 20 people can ride together.
- When you do go for a ride you should avoid sharing equipment and be mindful of where you place your helmet, glasses, gloves etc. Keep them with your bike or on your person rather than placing them down somewhere.
- When you return from a ride, wash your hands thoroughly and wipe down your bike, helmet and any gear.
- Riders may also wish to exercise due caution with regards to food planning during a ride (such as making sure a bakery or servo is open or carrying their own food). We

prefer that you conduct your own risk assessments, rather than take the decision away from you.

- ***Riders from overseas will need to ensure they allow for 2 week isolation on arrival in the country.***

Ride Organisers Responsibilities

- The ride organiser is responsible to provide advice which is pulled together from relevant health, government and sporting bodies. If this changes, we will update this document as necessary.
- Cycle Across Oz's guidelines have been taken from current government documents or websites.
- Cycle Across Oz will undertake an initial pre-ride deep clean and implement an environmental cleaning schedule to ensure frequent cleaning and disinfection of high touch surfaces. Common contact surfaces include: • benches and workstations • door and car handles • tap at water tank • eating and drinking utensils • tables and chairs (including underneath); and • kitchen and food contact surfaces.
- Cleaning schedules of caravan parks will be checked on arrival at each park.
- They will promote and ensure all riders adhere to the above riders responsibilities whenever possible. Warnings will be issued as necessary and continued non compliance may lead to expulsion from the ride.
- Appropriate hand washing facilities and hand sanitisers will be provided at all meal stops and disinfectant wipes will be provided for the wiping down of cycling equipment at beginning and end of the day's ride. *It is recommended that each rider carries a bottle of hand sanitiser on their person at all times.
- Masks will be available for anyone who is self isolating on the ride and if they have a cough or runny nose. If a rider has any corona symptoms, **unusual headache, unrelated myalgia, stuffy nose, nausea, vomiting, diarrhoea, or cough during the ride they will be assisted seeking a test and whilst waiting results they will be required to ride separately from the group and isolate in their tent at night. If the result comes back positive then strict government guidelines will be followed.
- Meals (when provided by Cycle Across Oz) will be distributed on riders own plates and using their own cutlery. Morning tea will be organised on individual plates and there will be no communal platters. Strict hand washing before every meal will be policed.

Adopted 18th June 2020