



AUSCYCLING

**COVID 19 UPDATE:
2021
NATIONAL ROAD SERIES**

January 31 2021

1. INTRODUCTION

This document is designed to provide National Road Series participants and teams with the requirements for participation and organisation in the 2021 season and knowledge of expectations of how the non-technical elements of the series will be conducted. It is critical to remember that any activities must comply with local, State and Commonwealth public health guidelines which may change at any time.

By providing guidance we are seeking to create safe environments that will deliver the 2020 National Road Series ('NRS').

This document should be considered a "living" document which is likely to evolve according to new knowledge and new advances and knowledge regarding COVID-19. Any changes will be updated to all NRS teams when there is an update.

2. AIS FRAMEWORK FOR REBOOTING SPORT IN A COVID-19 ENVIRONMENT

On 1 May 2020, the AIS released a [Framework for Rebooting Sport in a COVID19 Environment](#) ('AIS Framework'). This Framework provides a tool which provides recommendations for the re-introduction of sport activity to occur in a cautious and methodical manner that optimises athlete and community safety. The AIS Framework also outlines '*15 National Principles*' for the resumption of Sport and Recreation Activities that form the basis for the further return to cycling activities.

State specific requirements and resources and direction for various States and Territories can be found at:

- Australian Capital Territory: <https://www.covid19.act.gov.au/>
- New South Wales: <https://www.nsw.gov.au/covid-19>
- Northern Territory: <https://coronavirus.nt.gov.au/>
- Queensland: <https://www.covid19.qld.gov.au/>
- South Australia: <https://www.covid-19.sa.gov.au/>
- Tasmania: <https://coronavirus.tas.gov.au/>
- Victoria: <https://www.dhhs.vic.gov.au/coronavirus>
- Western Australia: <https://www.wa.gov.au/government/covid-19-coronavirus>

3. PRE-EVENT

Entries: All entries and payments will be taken online and can be changed until permanence. All entries will be refundable (if applicable) only if travel restrictions do not permit a rider to attend.

Team Requirements: All registered NRS teams will receive a convoy position if they can demonstrate they would have met the minimum rider numbers of required starters without border restrictions.

Team Points: Team points will be awarded based on individual points (no matter the number of riders who start the event for the team).

Rider Support: Any teams who are not able to provide convoy support will be able to pair with another team who will be permitted to support their rider(s).

COVIDSafe App: All riders and team staff must download and activate the [COVIDSafe App](#). This must be activated throughout the time at the event (not required while racing).

Training: All Team Management must complete the [COVID-19 Infection Control Training](#). A copy must be provided to road@auscycling.org.au prior to an individual taking part in an event. This is only required once during the season.

COVID Questionnaire: The UCI COVID clinical questionnaire must be completed daily on the 5 days preceding the race. If a rider, staff member or official scores "moderately suspect" they may not participate in the event. All teams and individual entrants will be required to complete an electronic document declaring that the questionnaire process has been completed for all 5 days preceding the race by all team members (or yourself) and have resulted in a score of 2 or less.

In addition, for events conducted over multiple days only, each team or individual entrant will be required to complete the UCI COVID clinical questionnaire on a daily basis prior to racing.

An electronic document declaring that the questionnaire process has been performed by all team members (or yourself) and have resulted in a score of 2 or less must be completed within 2 hours of the start time. This process will be checked by an official each day. If this document has NOT been completed, you will not be permitted to start until it has been.

The required links to the above mentioned electronic documents will be provided in the week prior to the event.

Covid-19 questionnaire	
Fever > 38°C	4 pts
Cough	4 pts
Shortness of breath	4 pts
Stuffy nose or sore throat	2 pts
Unusual aches	2 pts
Abnormal fatigue	2 pts
Unusual headache	1 pt
Diarrhea - vomiting	1 pt
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< or = 2	a little suspicious
3 - 5	moderately suspicious → PCR test according to the context
> or = 6	highly suspicious → PCR test

Note: There is no documentation required to record the questionnaire results. If all results are 2 or lower you are only required to complete the electronic declaration documents.

Community Interaction: It is strongly recommended that teams do not stay with external individuals (e.g. friends house). All accommodation must be cleaned and disinfected prior to the team entering the premises.

Teams and riders should limit interaction with community including eating at restaurants or only having one person going out for groceries.

3.1 Specific Communication

A team briefing will occur on at least 5 days prior to the event to review event specific information regarding operations and COVID-19 specifics. It is mandatory for all teams to participate in the briefing.

3.2 Event Time

The focus when planning an event should be on '*Get In, Race*'

3.3 Event Requirements

- Beginning 2 hours prior to the start of each day of racing, Managers (or another allocated team member) will be required to complete a COVID Declaration on behalf of their team (riders and staff).
- Sanitising alcohol-based hand wash products are to be brought by all teams and available to riders.
- No Food and drink are to be sold/provided onsite and all these requirements should be brought by the team.
- All teams should limit their interaction with other teams.

3.4 Event Specific Information

Event specific information will be communicated by each organiser depending on the State/Territory COVID Safe requirements.

3.5 Feeding and Feed Zone Specific

Feeding must follow the following requirements:

- Provide hand sanitiser and instructions for those in the vehicle.
- Only 1 person in the vehicle can feed. This person should also be responsible for filling bottles.
- Require athletes to dispose of bottles or wrappers after the feed zone in the Litter Zone to prevent feeders from leaving their spaces and to prevent spray from discarded bottles. In the Feed Zone interaction between teams must be limited.

4. POST-EVENT

At the end of the activity participants should '*Get Out*'. The specific protocols include:

Presentations: Presentations must only include those who are being presented to.

Social: Teams must not socialise. They must leave the event immediately with their own team.

Results: All results will be posted online.

Protests: Protests can be taken for up to 4 hours post event (extended time) and will be done by communicating via phone or email to the Chief Commissaire.

Anti Doping: Sport Integrity Australia will undertake testing withing the required protocols of COVID-19 and adapt accordingly.

5. WHO MUST NOT ATTEND?

To ensure the health and safety of all participants no participants are to attend if they have had any illness or [symptoms of COVID-19](#). Participants must not attend if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19 (cough, sore throat, fever or shortness of breath), even if mild. Participants must leave immediately if they demonstrate any [symptoms of COVID-19](#) during the event (including not returning for the next day).

A number of groups have been identified by Federal and State Departments of Health as having a higher risk of contracting the COVID-19, or of serious illness if they were to contract it. These include but are not limited to:

- Anyone identified as being in a [high risk group](#).
- Anyone who has been to a high risk area and is not permitted to attend (in accordance with the State and Territory restrictions)
- Anyone with concurrent medical conditions including; respiratory or cardiac disease, hypertension, diabetes, obesity and immunosuppression due to disease or medication.

These individuals who are in the [high risk group](#) are not attend this event.

LET'S RIDE TOGETHER