COVID-19 Preparedness Plan for Racing

The Minnesota Interscholastic Cycling League (MICL) is committed to providing a safe and healthy environment for all of our coaches, student-athletes, parents, and volunteers (referred to as participants). To ensure we have a safe and healthy environment, MICL has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. All participants are responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 at our practices, trainings, and events. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our communities.

The COVID-19 Preparedness Plan is administered by the MICL, who maintains the overall authority and responsibility for the plan. However, participants are equally responsible for supporting, implementing, complying with, and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan. The MICL’s staff and participants have our full support in enforcing the provisions of this plan.

The MICL’s COVID-19 Preparedness Plan follows the industry guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (https://staysafe.mn.gov), which is based upon: Centers for Disease Control and Prevention (CDC); Minnesota Department of Health (MDH) guidelines for COVID-19; Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards; and Minnesota’s relevant and current executive orders.

The MICL COVID-19 Preparedness Plan for Racing includes:

- ensuring symptomatic participants stay home and prompt identification and isolation of sick persons;
- social distancing;
- hygiene and source controls, including face coverings;
- cleaning and disinfection protocol; and,
- practices and protocol in terms of communications and training.

The MICL has reviewed and incorporated the industry guidance applicable to our organization provided by the state of Minnesota for the development of this plan, including the following industry guidance: the Minnesota COVID-19 Attendance Guide for Parents and Families; the Minnesota Narrative for COVID-19 Decisions Tree for People in School, Youth, and Child Care Programs; the Minnesota Home Screening Tool for COVID-19 Symptoms; the Minnesota COVID-19 Organized Sports Practice and Games Guidance for Youth and Adults; the Minnesota Face Coverings in Organized Sports During COVID-19; and the National Interscholastic Cycling Association COVID-19 Guidelines.
Screening, Notifications, Pods, and Attendance for MICL Races

The following policies and procedures are being implemented to assess participants’ health status prior to: attending any MICL activity; for participants to report when they are sick or experiencing symptoms; and reduce the likelihood of COVID-19 transmission while at races.

Set Expectations
Prior to attending a MICL race, team leadership is strongly encouraged to review the league COVID-19 racing protocols and discuss them with team. Teams are encouraged to develop and communicate additional procedures surrounding team meetings, pre-ride, and cool-down at races. These procedures must follow the MICL COVID-19 Practice Plan and the Minnesota Outdoor Social Gathering Requirements. It is strongly suggested that teams walk through what a race weekend will look like for a coach, parent, and student-athlete. Review the symptom checker document and the MICL reaction plan in the event a participant fails the symptom checker or is exposed to a party known to have with COVID-19.

Team Meeting
Any meeting that does not include in-person skills instruction should be held virtually to minimize the risk of COVID-19 transmission. Review the MICL COVID-19 Plan for Racing and any team specific protocols. All meetings must conform to the current Minnesota Outdoor Social Gathering Requirements for outdoor meetings or the Minnesota Indoor Social Gathering Requirements for indoor meetings. All participants must perform the Minnesota Home Screening Tool for COVID-19 Symptoms prior to attending any and all team meetings.

Screening
All coaches, student-athletes, and spectators must perform and pass a daily screening prior to attending a MICL activity using the Minnesota Home Screening Tool for COVID-19 Symptoms. If an individual does not pass the screening, they must follow the steps outlined by the Minnesota Quarantine Guidance for COVID-19 and notify their head coach. The head coach should notify the league director (joshua@minnesotamtb.org). No participant shall attend any MICL activities until they pass the Minnesota Home Screening Tool for COVID-19 and have met the Minnesota Quarantine Guidance for COVID-19 (if applicable.)

If a participant develops symptoms in the course of a league event, a coach will immediately instruct the participant to mask up and the coach will isolate the participant, notify the league director, and ensure the participant goes directly home.

Attendance and Spectators
Coaches may attend any event that their respective team(s) is scheduled to participate in for the entirety of the day. Student-athletes and spectators may only be on site during their designated times. Color coded wrist bands must be worn by all coaches, student-athletes, and spectators while on-site. For venues that are open to the public, on-site is defined as: PitZone, infield, and any and all sections of the race course. For private venues, on-site is defined as anywhere on the property.

Time windows for participant attendance will be assigned based upon the category each student-athlete is scheduled to race in. Student-athletes, and the designated spectator(s) for them, may be on-site for a maximum of 1 (one) hour prior to the student-athletes’ race start time and no more than 30 minutes following the completion of each student-athlete’s race.
Each student-athlete racing will be allowed 1 (one) spectator. The number of spectators allowed per student-athlete may be adjusted as guidance from the MDH/CDC changes. The parent of a student-athlete must keep a record of who serves as their student-athletes attendee is at each race, and must provide the attendee information upon request to the league and/or the MDH.

**Notification**
The MICL has implemented a policy for informing coaches, student-athletes, and spectators to isolate and /or quarantine if they have been exposed to a person with COVID-19 at a MICL activity. If an exposure has been identified, the head coach of the team (for a practice) or the MICL league director (for an event) will call and/or email the participants impacted. The MICL will notify the MDH of any exposures that occur intra-program.

Any person exposed should follow the [Minnesota Quarantine Guidance for COVID-19](#).

The identities of those involved will remain confidential, except as required by law.

**Racing Format**

The traditional cross-country racing format will be utilized with several adjustments and limitations. Any race procedure not outlined below should be assumed to be executed as identified in the [Minnesota League Rulebook](#).

**Pre-Ride** – There will be no pre-ride during race weekends (Friday, Saturday, and Sunday). Race courses will have basic directional marking installed a minimum of 4 weeks in advance of the scheduled event, a course video and GPS file (.gpx) will be posted on the MICL website 30 days/weeks prior to the scheduled event.

**Field Sizes** – A maximum field size of 250 participants will be allowed. A field is considered to be the total number of student-athletes participating during a single (category) race.

**Wave Sizes** – Waves for each race will be limited to a maximum of 50 student-athletes.

**Staging** - Staging will be done on a false grid with 5 riders per row, 10 rows deep, each participant spaced a minimum of 6’ apart. Riders will be called into the start pen 10 minutes prior to race start. Masks must be worn by participants while staged on the false grid and on the start line until the 1 (one) minute to race start announcement is made by the race director. Masks may be temporarily lowered to feed or take water.

**Start Line Procedure** – Each start lane will be 33-36” wide and each row will be 6’+ long. Riders must stay in their designated lane until they reach the start line.

**Feed Zone** – There will be no feed zone for the 2021 race season. Riders should carry proper fluid and nutrition appropriate for the duration and intensity of their race category.
Finish Line – Riders must exit the finish chute immediately upon finishing the race.

Race Results/Protests – The protest of any on-course conduct must be reported to the on-site referee as soon as possible by a team coach representing the protesting rider. When practical and possible, the presence of all parties involved will assist with any and all potential conflict resolution. Protests for on-course conduct are accepted only on the respective race day.

Preliminary results will be posted at each venue following each categories race, and coaches are strongly encouraged to lodge any protests in terms of the posted results prior to the conclusion of the event. Preliminary results will be posted to the MICL website the Monday following a scheduled race weekend. Protests must be filed by a coach within 24 hours of results posting on the MICL website by emailing referee@minnesotamtb.org. Live scoring will be provided for the 2021 season, however, protests cannot be lodged based upon the live scoring feed.

Awards – There will be no awards ceremonies or podiums for the 2021 season. Individual and team awards are to be picked up by a coach on behalf of the team to be distributed to the recipients.

Additional Race Details

Additional details for the 2021 racing season:

Plates/Wrist Bands – Number plates and wrist bands for the entire team will be picked by the head coach or an appointed person at a predetermined pick up day, or at the first race for a team. The plates and wrist bands will be distributed by the team to their participants.

Replacement number plates can be ordered via a contactless process at the MICL registration trailer (on-site only). No replacement wristbands will be issued.

PitZone – A minimal PitZone will be used this year. D2 teams will be allotted 1 space (minimum 20’ x20’) and D1 teams will be allotted 2 spaces. Large team conglomerates (multiple teams managed by a single coaching group) may have the total space reduced based on infield constraints. Congregating in the PitZone is strongly discouraged—Pit Zones are intended to be used as a meeting location and as areas to hold equipment/supplies.

Neutral Support – No neutral support will be provided.

Food – No food vendors will be on-site. If teams provide food to coaches, student-athletes or spectators, it must be pre-packaged and distributed via a contactless process.

Vendors – No vendors will be on-site.

Live Stream – The race will be streamed live for those unable to attend in person.
Social Distancing Requirements at Races

Social distancing should be maintained between coaches, student-athletes, and spectators at any and all MICL activates through adherence to the following requirements:

- All coaches, student-athletes, and spectators should carry a face mask and hand sanitizer.
- Social distancing of 6’ should will be maintained when possible.
- Anytime social distancing of 6’ cannot be maintained, all individuals must wear a face covering in compliance with MDH guidance.
- All participants should bring any hydration, nutrition, supplies (tubes, tire pumps, etc.) to eliminate the need to share with another participant.
- There should be no communal equipment, hydration or nutrition.
- If equipment must be shared, it should be sanitized prior to and following use. Any person using the equipment should wash or sanitize their hands prior to and following the equipment use.

Masks and Hygiene

Basic infection prevention measures are being implemented at MICL activities all times. Coaches, student-athletes and spectators are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end of an activity, prior to any mealtimes and after using the restroom. Hand-sanitizer (that use sanitizers of greater than 60% alcohol) should be carried by all people to be used in place of soap and water, as long as hands are not visibly soiled.

Coaches, student-athletes and spectators are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing, and to avoid touching their face, particularly their mouth, nose and eyes, with their hands. Participants and spectators are expected to dispose of tissues in provided trash receptacles and wash or sanitize their hands immediately afterward.

- Facemasks should be two or more layers of tightly woven, washable, breathable fabric. Masks must cover the nose and mouth completely and fit snugly against the face without gaps. Consider wearing a mask made of moisture-wicking materials.
- Bring extra face coverings to practice in the event a mask becomes soiled or wet.
- Never share a mask.

Masks are required for all student-athletes except:

- Student-athletes may remove their mask for races a maximum of 1 minute prior to race start (as instructed in the start procedure).
- Student-athletes should put their mask on after finishing their race once they have resumed normal respiration.
- If a participant is having troubles breathing following the race, they should move to a socially distant location and sit down until normal respiration returns.

Masks are required for all coaches, student-athletes and spectators except:
Communications and training practices and protocol

This COVID-19 Preparedness Race Plan was communicated via email and was posted in the MICL website (www.minnesotamtb.org) to all participants on May 19th, 2021, and necessary training was provided. Additional communication and training will be ongoing at the request of the participants.

Instructions will be communicated to all participants about protections and protocols, including: 1) screening, checking for COVID-19 symptoms, pods and attendance at practice; 2) race format; 3) social distancing at races; 4) hygiene; and 5) requirements regarding the use of face-coverings.

Coaches and the league are expected to implement, monitor, measure, and report the effectiveness of the COVID-19 Preparedness program. All associated parties are to take an active role and collaborate in carrying out the various aspects of this plan, and update the protections, protocols, and training as necessary. This COVID-19 Preparedness Race Plan has been certified by the MICL. It will be updated as necessary and communicated via email to all registered participants and posted on the MICL website (www.minnesotamtb.org).

Additional protections and protocols

Other considerations for participants include:

- Close contact with student-athletes outside of family units should be avoided during non-team events. Many COVID-19 exposures that occur in youth-sports are from unofficial social team activities.
- Carpooling by individuals not within a family unit is strongly discouraged.
- Violations of COVID protocols may result in individual/team penalties, removal of individuals from the venue, suspension or expulsion of an individual or team.
- Events may be adjusted to conform with city or county COVID-19 requirements.

Certified by:

**Joshua Kleve**

Executive Director, Minnesota Interscholastic Cycling League

5/17/2021
Appendix A – Guidance for developing a COVID-19 Preparedness Plan

General


Minnesota Department of Health (MDH): Coronavirus – www.health.state.mn.us/diseases/coronavirus


Businesses


MDH: Materials for businesses and employers – www.health.state.mn.us/diseases/coronavirus/materials


Minnesota Department of Labor and Industry (DLI): Updates related to COVID-19 – www.dli.mn.gov/updates


Handwashing

MDH: Handwashing video translated into multiple languages – www.youtube.com/watch?v=LdQuPGVcceg

Respiratory etiquette: Cover your cough or sneeze


CDC: www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

MDH: www.health.state.mn.us/diseases/coronavirus/prevention.html
Social distancing


MDH:  www.health.state.mn.us/diseases/coronavirus/businesses.html

Housekeeping


Environmental Protection Agency (EPA):  www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

Employees exhibiting signs and symptoms of COVID-19


MDH:  www.health.state.mn.us/diseases/coronavirus/basics.html

MDH:  www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf

MDH:  www.health.state.mn.us/diseases/coronavirus/returntowork.pdf

State of Minnesota:  https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp