



Covid-19 is highly transmissible viral respiratory illness caused by the SARS-CoV-2 virus. This has led to a pandemic and significant illness and loss of life. Important restrictions have been implemented by The UK Government based upon scientific guidance by Science Advisory Group (SAGE) and Public Health England (PHE) to reduce transmission leading to amongst other things the cancellation of all sporting events.

The reopening of formal training and racing activities at Bournemouth BMX Club is dependent upon strict measures being adhered to, and subsequent to British Cycling sanction. Failure of participants of their families/parents/guardians to comply with these measures will lead to riders/families being removed from a session, and may result in cancellation of Bournemouth BMX Club activities indefinitely. Please read and adhere to the club’s requirements set out below.

Controls Required	Additional Controls
<p><u>Symptoms of Covid-19</u> People with symptoms of Covid-19 disease are required to follow PHE guidance and must not attend Bournemouth BMX Club training sessions.</p> <p>Symptoms include</p> <ul style="list-style-type: none"> • High temperature • New continuous cough • Change to sense of taste or smell <p>Contacts of people with confirmed or suspected Covid-19 are required to self-isolate for 14 days.</p> <p><u>Social Distancing</u> Social distancing of 2m between people from outside a family household is required at all times unless additional measures of PPE are implemented.</p> <p>BMX is an individual sport and during training social distancing between riders can be maintained.</p> <p>Bournemouth BMX club track is an outdoor facility lessening the risk of transmission of Covid-19.</p> <p>To enable social distancing amongst Bournemouth BMX Club volunteers there must be no more than one person in a confined space at any one time.</p>	<p>Information is provided for members & volunteers via club Facebook/web page.</p> <p>Signage will reinforce messages at registration.</p> <p>Information is provided on Facebook and club website.</p> <p>Signage at registration point and at key sites (start hill, entrance to hut).</p> <p>The coach/committee members can remove a rider from a session if they or an accompanying adult do not adhere to social distancing requirements.</p> <p>Brief volunteers.</p>

<p>Members must not enter the storage container.</p> <p>Pre-booking and payment must be made via the website. Riders to provide evidence of payment (i.e. email confirmation) at sign-in. No booking, no ride, no exception.</p> <p><u>Coaching/training</u> Coaching groups are limited to 10 riders to one coach per session. Gate practice sessions will be limited to 6 riders per group. Multiple groups will be run in tandem – up to two for coaching and six for gate practice sessions. Each session will last 45 mins. Riders must arrive NOT MORE THAN 5 minutes before their allotted session; and must leave IMMEDIATELY after their session ends.</p> <p>Sessions must be booked in advance via the club website shop. No booking, no ride, no exceptions. The track is CLOSED to all riders other than those booked on to the specific timed session.</p> <p>If a rider falls and requires assistance the coach should approach but stand back 2m to assess the situation. If appropriate an accompanying household member should attend the fallen rider. If first aid is required the coach / first aider should attend wearing a fluid resistant surgical face mask and single use disposable gloves.</p> <p><u>Hand Washing</u> Frequent hand hygiene is an essential way to minimise transmission of Covid-19 to yourself and others. Bournemouth BMX Club is supporting hand hygiene in the following ways.</p> <p>All riders will be required to sanitize their hands upon arrival and departure.</p> <p>Hand washing facilities with liquid soap and water are available in toilets for everyone.</p>	<p>Include training products on the club website. Requirement advertised on the club Facebook page and website.</p> <p>Information included on the club Facebook page and website.</p> <p>Parents/guardians must not leave the site, should remain socially distant from other parents/guardians from outside their own household during each session, and must not cross the barriers into the track area unless specifically requested by a coach/club official.</p> <p>Information included on the club Facebook page and website.</p> <p>First aiders and coaches to carry fluid resistant surgical face mask and gloves with them whilst at the track. Additional PPE is available in the first aid bag. See additional guidance further on in this document.</p> <p>Hand sanitiser to be made available at sign-in, toilets and the container.</p>
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<p>Disposable paper towels are to be provided.</p> <p>Gel hand sanitisers will be placed at registration point and in key areas identified by Bournemouth BMX Club committee or members.</p> <p>Signs to remind everyone to frequently wash hands will be in place.</p> <p><u>Equipment</u></p> <p>All club bikes will be disinfected after every session using a neutral detergent and chlorine-based cleaning agent at 1000ppm available chlorine as per PHE guidance.</p> <p>The bike will be tagged to indicate disinfection has been completed. The tag will be removed on issuing the bike it will not be reattached until disinfection is completed. A club bike will not be issued until properly disinfected. Bikes will be placed in a clearly marked area for collection.</p> <p>Riders must not swap club bikes with other riders once issued.</p> <p>The club will issue loan helmets on a first come, first served basis for beginner sessions, with each helmet disinfected prior to issue and after use, with stickers applied showing a ‘do not use before’ date enabling each item to stand for 72 hours before it may be used again. A small fee will continue to be levied for loans.</p> <p><u>Cleaning</u></p> <p>Covid-19 virus can survive on hard surfaces for up to 72 hours. Frequent cleaning and disinfecting of surfaces is an important way to minimise transmission of the virus.</p> <p>Bournemouth BMX Club volunteers will maintain cleaning in toilets prior to each session, main container and high use areas such as door handles, light switches, using detergent and disinfection when the club is open for training.</p>	<p>Signage will reinforce messages at registration/key points.</p> <p>Volunteers will be assigned to this specific task.</p> <p>Tags will show bikes have been sanitised.</p> <p>Signs to show where riders should collect/leave bikes at each session.</p> <p>Information to be posted on the club’s Facebook page and website.</p> <p>Information be posted advising of this process and also where beginners can buy suitable full-face helmets. Tags will show equipment has been sanitised.</p> <p>Volunteers will be assigned to this specific task.</p>
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<p><u>Personal Protective Equipment (PPE)</u> PHE guidance suggests individuals may wish to wear face coverings in areas where social distancing cannot be maintained. As numbers will be limited within fixed structures and the training is outside this is not mandatory but down to individuals' choice.</p> <p>The only exception is first aiders should wear a fluid resistant surgical face mask and disposable gloves.</p> <p><u>Emergency First Aid</u> In addition to accidents on the track, the general public can become unwell and require assistance at any time.</p> <p>PHE Covid-19: guidance for first responders updated 18 May 2020 outlines the recommended practice for voluntary organisations that provide immediate assistance until further medical assistance arrives.</p> <p>Specifically relating to Cardiopulmonary resuscitation:</p> <ul style="list-style-type: none"> - Adults – commence chest only CPR - Children – most cardiac arrests in children occur due to respiratory conditions and chest only CPR is unlikely to be effective. <p>Use a face shield where available. If mouth to mouth ventilation is performed the first aider and patient must remain vigilant for 14 days for possible Covid-19 infection.</p> <p><u>Mental Health</u> PHE have identified that during the Covid-19 pandemic everyone's mental health can be negatively affected. Physical activity is accepted as having a positive effect on mental health and Bournemouth BMX Club is eager to safely restart activities as soon as possible to support in this important aspect of wellbeing.</p> <p>Several members of Bournemouth BMX club committee have undertaken safeguarding training and two of the coaches have received additional basic training in recognising mental ill health and signposting to support services.</p>	<p>Club to supply.</p> <p>A resuscitation face shield is available within the first aid bag.</p> <p>Signpost members to support services on the club's Facebook page website and.</p> <p>Welfare officers and coaches to remain vigilant to signs of ill health and support as per training.</p>
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<p>Food and Drink Bournemouth BMX Club occasionally provides hot drinks to club members/ accompanying adults during club training sessions. Bournemouth BMX Club intends to continue this by providing hot water only, with members encouraged to bring their own consumables (cups/spoons/coffee/tea/ milk etc).</p> <p>Racing Bournemouth BMX Club will return to club/interclub racing following British Cycling guidance (details here). All steps above re signage, social distancing, sanitizing, pre-reg/track & trace/pre-payment, sign-in, first aid, food will be followed.</p> <p>The track is in a publicly accessible park – all attendees and other park users will be reminded of social distancing requirements.</p> <p>Rider numbers will increase over coaching in accordance with BC guidance.</p> <p>Spectators will need to socially distance from one another.</p> <p>Additional support will be required to ensure riders remain in bubbles.</p> <p>Novice/beginner and 6& under riders requiring help balancing on the gate.</p> <p>Parking will be provided.</p>	<p>Provided free of charge. Honesty pot for donations.</p> <p>Provide hand sanitiser at the collection point for hot water.</p> <p>Posters to encourage hand hygiene at all times.</p> <p>Reinforce with updated information on the club’s website and social pages.</p> <p>Updated policy which competitors/families must read before registering.</p> <p>Enhanced signage for events.</p> <p>Competitors will stay in age group bubbles in rider zone up to a max. 30 per bubble; shelter will be provided for competitors in the event of poor weather.</p> <p>Only one spectator per family – e.g. house with 1 rider = 1 spectator, household with 2 riders = 1 spectator etc. Enhance signage, designated area.</p> <p>Additional volunteers will be sourced to facilitate call-up, rider welfare etc.</p> <p>Parent/family member of riders requiring assistance will be invited to support their child on the gate, and must leave the start hill area immediately after the gate has dropped before the next riders enter the start hill area.</p> <p>Volunteer will ensure vehicles are parked at a suitable distance; no trackside parking will be allowed.</p>
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