

# **Monday Night Track League Manchester**

## **Covid-19 Action Plan – 2021 Season**

This document is to highlight and prepare riders and officials for resuming the activity at the Monday Night Track League based at the NCC Velodrome Manchester.

With the added provision of control of the Covid-19 virus.

### **Introduction**

We have used a range of resources and documents to form the Monday Night Track League's Covid-19 Response. Using communications from British Cycling and the government's advice on how to safely reopen during the Covid-19 pandemic, we will be setting out how the track league is planning to reopen.

There will be new processes and procedures in place to help keep you safe and guidelines that shall be followed to help us keep the track league running safely. Unfortunately, we will not be able to run as many groups. Due to the nature of the restrictions and operating parameters that are available to us, the focus for the 2021 season will be on running a competitive and viable track league.

### **Entering the Monday Night Track League**

This year we will only be accepting pre-entries to the track league. There will be a limited number of riders allowed within each group. To enter the Monday Night Track League, we will be using the [British Cycling \(BC\) Online Entry System \(OES\)](#)

Entries will be closed prior to the event, this will be stated via the OES. By entering you agree to follow the National Covid guidance, NCC Covid rules and Monday Night Track League Covid rules in place at the time of the event.

### **Rider and rider helper information**

On arrival at the National Cycling Centre and unloading equipment in the car park, you are requested to observe the government guidelines on social distancing. It is your responsibility to ensure that social distancing is observed and therefore no responsibility is held or controlled by Monday Night Track League.

Whilst in the NCC a **face covering must be worn at all times** except by riders in the D or racing. This guidance may change please observe the latest guidance and best practice. A NHS Covid QR code poster is available in reception. The NCC have provided a marked one way system (colour coded Yellow and Black) to help maintain good social distancing. This is distanced at a 2 metre

minimum as riders and helpers make their way through reception. This area is under the control of the NCC.

Entry into the track area, the connecting corridors, limited changing facilities, toilets, bike stores, along with access to the riders D is under the control of both the Monday Night Track League and the NCC. The restrictions imposed by the NCC are clearly displayed and these must to be observed.

Once the riders and helpers are down the steps into the track complex they will be required to have a temperature check. Anyone over the threshold of 37.8 degrees will be asked to leave the NCC with immediate effect.

## Sign On

Rider sign on will be carried out at the bottom of the steps and just before the ramp towards the riders D. Social distancing to be maintained while queuing up. During the 2021 season, we will be minimizing the contact that riders make to both the volunteers and other riders. For the 2021 season, sign on will be done strictly one person at a time.

Please make sure that your details are correct. If these are incorrect, please send them (via email) to the event organiser, e mail is found on the OES page for the Monday Night track league event.

If you are happy that your details are correct then please sign on. Show your license to the sign-on volunteer. You will no longer need to hand the license in, however please keep it safe as you may be asked to show it at some point during the event.

To reduce the chance of cross contamination, the only person who will be allowed to touch the sign on sheet will be the sign-on volunteer. This volunteer will tick each rider off as they agree to sign on to that evening's round of the Monday Night track league.

You will be issued with your race numbers, these will become yours to keep so you must look after them and **remember to bring them with you each week** you ride. If you forget your numbers you will be issued another set and charged £10 as there are only a limited number of sanitised numbers available. Payment will be by bank transfer or PayPal before the next event.

Once you have passed the sign on table you have agreed to comply with the British Cycling rules and technical regulations of the event. The rules and restrictions in place by the NCC and the Monday Night Covid-19 plan, any breach of any of these will be met with a strong and robust consequence and your future entries reviewed and possibly refused.

Please remember to observe social distancing at all times.

## **Race Categories**

Based on ability alone riders will be divided up into the following groups with a maximum of 24 riders in each group, pre entry allows the riders to be grouped in advance and the rider list will be displayed at sign on.

Group 1 riders  
Group 2 riders  
Group 3 riders

## **Riders D**

Follow the NCC signed one way system into the riders D. Riders are to find a seat which are organised in rider groups 1, 2 and 3 these have been set out by the NCC so they are not to be moved under any circumstances and riders are to follow the signage set up by the NCC. Space is available for rollers. Riders should follow NCC Covid rules and government guidelines whilst in the D area. Rollers must face in the same direction

## **Notes for rider's helpers. Maximum 1 per rider.**

Riders are encouraged to be self sufficient when bringing themselves and equipment into the riders D area. When helpers are required, such as with the younger riders, to help set up the rider ready to race. They must exit the riders D area as soon as reasonably practical. This is to reduce contact with others within the riders D area and to maintain good social distancing practices.

The riders helpers are required to take up a seating position within the stands, further notes for this is detailed later in this document.

After the races have finished for the group that the helpers rider is in. The helper can return to the riders D area and assist the rider to make their departure it is anticipated that the C group will exit while the B group are racing and the A group are seated. The B group will exit while the A group are racing. The A group will exit as the Hygiene Volunteer checks for cleanliness of the riders D by group sections.

**Where there is no other practical option available for anyone with additional persons present, for example a parent with another child whom is not riding, then safe guarding these additional persons is allowed.**

## **Spectators Including Riders Helpers**

Rider helpers and any other spectators are to be seated in the home straight in the centre block only. Each spectator / social group are required to sit at a minimum of 3 seats apart with at least 2 rows in between. This is again to maintain a good social distancing. Face coverings must be worn within the indoor areas. This guidance may change please observe the latest guidance and best practice. Access to the stands is via the stairs from the reception area following the marked route. The lifts are for disabled use only.

## **Rider Warm Up**

Rider warm up will take place between 7:00pm and 7:30pm. This will include a 3 x 8 minute warm up session, plus 2 x 1 minute access and egress time allowed for each group.

Riders will be called for their warm up session in their race groups only (miss your group you have missed your warm up no exceptions). They will make their way to the track using the NCC one way system and be instructed by an official and allowed to warm up on track. After the 8 minutes they will exit the track and be held on the hand rail on the back straight to allow the next group to enter the track and wait on the hand rail in corner 3 and 4. Once all riders are off the ramp and onto the corner hand rail the group on the back straight will walk down the ramp using the NCC one way system and go to their seat in the riders D.

**Between each warm up session the Hygiene Volunteer will wipe and sanitise the hand rail in both the home straight and corner 3 and 4.**

## **Racing**

This is the activity we have all worked hard to be able to make happen within these difficult and challenging times so please note there are a few changes to the normal Monday Night format both in how the groups are made up and the program. This may not be to everyone's liking but we hope everyone can adapt and enjoy the racing in the new format.

**Firstly to be able to race you need to have entered in advance using the BC online entry system.**

### **Race groups**

Race groups will be ability ranked so Group 3 will be filled with the (in the organisers opinion) best or fastest riders by ability. When that group is full Group 2 will be populated in the same way and then Group 1 will be populated.

**Races that are likely to be on the program are as follows**

Scratch race  
Points race  
Elimination  
Unknown distance  
Course de Primes

At present the guidelines allow only 4 races per group with a maximum time duration of 15 minutes per race. Please note that some races may have to be reduced in time and therefore we may have to remove some laps during the race. Please ensure you are keeping an eye on the lap board during your race.

**Between each race the Hygiene Volunteer will wipe and sanitize the hand rail in both the home straight and corner 3 and 4**

## **Gear and Equipment Checking**

It will be the rider's full responsibility to present themselves with equipment that meets the British Cycling technical regulations, gear checks will be the responsibility of the rider to be within the correct gear size. The gear check jig will be available and the riders are advised to self check if in doubt. The gear check by the event officials will only be carried out on a limited number of riders picked at random, when this happens the rider will be asked to roll the bike out therefore reducing the contact with other people's equipment. If a rider is found to be outside the gear size allowance, the rider will be removed from all results of races to that point in the programme. The rider will be given the opportunity to correct the gearing and allowed to continue, failing this the rider will be asked to leave the event with immediate effect, again this is to maintain a good social distancing.

## **First Aid**

All first aid provision must follow the covid-19 first aid guidelines.  
Government Advice for First Responders:

<https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders/interim-guidance-for-first-responders-and-others-in-close-contact-with-symptomatic-people-with-potential-2019-ncov>

St. John Ambulance Advice for first aiders:

<https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>

First aid for the Track League will be provided by ShowMed in line with British Cycling's guidelines for first aid requirements of cycling events.

The First Aid station will be near the top of the ramp so to provide a socially distance area for the First Aiders to sit. If first aid is required on the track the

first aiders will respond and go to the incident. If a rider in the riders D requires first aid or medical advice the rider is to go to the first aiders. The first aider will not go to the riders D for non essential matters.

## **If an Ambulance is required**

### **1<sup>st</sup> option**

Injured rider has minor injuries but is not to be moved until assessment of an ambulance paramedic and the use of their equipment.

All riders to go to the riders D and await instructions. If the riders and helpers are required to exit the velodrome, this will be done by groups and in a socially distanced manner maintaining the 2m distance.

### **2<sup>nd</sup> option**

Serious injuries requiring immediate, ambulance paramedic assistance.

All riders to go to the riders D and await instructions, it is envisaged the ambulance crew will arrive within a few minutes for a serious incident. Advice will be taken from the ambulance crew as to when it will be appropriate for the rider, helpers, spectators to exit the velodrome. This will be done by groups and in a socially distanced manner maintaining the 2m distance.

This is to maintain a free corridor for the ambulance crew to use to gain assess and egress complete with their equipment unhindered. Also maintaining the best socially distance environment for the ambulance crew as they are front line workers and we all need to our best to protect them and give them the best environment we can to work in.

## **Fire alarm**

In the event of the fire alarm sounding everyone is to evacuate the building in an orderly fashion as per a standard fire evacuation, this is the exception to all the social distancing rules as the risk to life from a building fire is of greater risk.

## **Equipment**

Each judge / official will need to provide their own pens, clipboards, stopwatches and any other equipment they may need to carry out their role.

PPE will be available (see below).

Standard equipment such as lap board and gear check will still be provided.

These will be cleaned before and after use. Anyone operating equipment such as bell and lapboard should practice good hand hygiene before and after using the equipment.

One person will be designated to use the microphone for that evening. If the microphone is passed to anyone else, the microphone must be cleaned before use.

### Volunteer Positions and Guidelines

Volunteer Position	Guidelines	Report to
Commissaire	<ul style="list-style-type: none"> <li>• Maintain social distancing.</li> <li>• Maintain racing technical regulations and rules. Adapt where needed to maintain social distancing (within reason).</li> <li>• Follow strict hand hygiene when traveling around the venue (and use any PPE that may be necessary).</li> </ul>	Event Organizer
Line Judge, box personnel.	<ul style="list-style-type: none"> <li>• Maintain social distancing between other judges.</li> <li>• Follow rules on timings, equipment usage.</li> <li>• Maintain standards of safety during racing and report any issues of safety (to event organizer or Commissaire).</li> <li>• Encourage others to follow best practices during the event.</li> <li>• Follow strict hand hygiene when handling any equipment and sanitise before and after use where possible.</li> <li>• Stay in judges area, where practically possible.</li> </ul>	Commissaire  Event Organizer

First Aider	<ul style="list-style-type: none"> <li>• Follow all first aid guidelines set out (see First Aid section above).</li> <li>• Maintain Social distancing where possible.</li> <li>• Use of PPE where needed in accordance with guidelines (and more above the guidelines if needed).</li> <li>• Follow good hand hygiene and other practices to minimize the risk of spreading the virus.</li> <li>• Next of kin (or equivalent) will need to follow social distancing rules and restrictions. Can be near to scene where first aid is required but must maintain social distancing from those who are not in the same social bubble.</li> </ul>	ShowMed  Event Organizer  Commissaire
Sign on	<ul style="list-style-type: none"> <li>• Practice good hand hygiene throughout the process.</li> <li>• Check licenses and provide numbers for the appropriate categories.</li> <li>• Do not obtain licenses from riders.</li> <li>• Do not accept “on the day” entries.</li> <li>• Do not allow riders to touch the sign on sheets and tick each rider off as they agree to the terms of attending and participating in the event.</li> <li>• Do not handle cash. All riders should have entered and paid via the BC OES.</li> <li>• Always follow social distancing rules.</li> <li>• Upon closure of sign on, pass on the totals of riders for each category.</li> </ul>	Event organizer  Commissaire
Gear Check	<ul style="list-style-type: none"> <li>• Maintain social distance.</li> <li>• Observe gear check rather than carrying out gear check.</li> <li>• Any queries or contests should involve the commissaire where appropriate social distancing can be maintained. Commissaire can check the gear but must follow the hand hygiene rules and practice social distancing where possible with appropriate PPE.</li> </ul>	Commissaire  Event organizer



Event Organizer	<ul style="list-style-type: none"> <li>• Maintain and review covid-19 action plan.</li> <li>• Address and maintain any issues regarding the running and safety of the event.</li> <li>• Maintain social distancing rules where possible and use PPE where appropriate.</li> <li>• Always follow good hand hygiene practices.</li> <li>• Make sure that all participants and attendees at the venue are within the guidelines issued by governing bodies and government advice.</li> <li>• Maintain, adjust and distribute race programs to allow for covid-19 safe practice and minimize risk of putting extra strain on the NHS.</li> <li>• Communicate all practices and guidelines to all members and provide facility for those with questions to have them answered.</li> </ul>	British Cycling (relevant area / official where appropriate)
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These guidelines are to be added to the normal guidelines and practices of that volunteer role. Each volunteer must carry out their normal duties whilst maintain and adhering to social distancing rules. Volunteers must also make consideration and alterations to their practices / roles to conform with the social distancing rules and other guidelines set out in this document.

The table above is a summary of the guidelines for that role and any questions / issues should be raised with the person they report to and the event organizer.

# General Information

## Symptoms of Covid-19

If you are exhibiting any symptoms of covid-19, please **DO NOT** attend. Please stay at home and follow the governments advice.

“The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.”

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

If you are in a high-risk category (you have received an NHS letter for example), we would advise you not to attend this year’s track season.

## Tracking & Tracing

Riders and officials must stay in their designated areas this is to help aid in the prevention of infection spreading from group to group but also allow us to be able to “track & trace” easier between each group.

We will be keeping lists of who was riding in each group.