

PENNSYLVANIA

INTERSCHOLASTIC CYCLING LEAGUE



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Dear PICL Families,

First and foremost, we hope that you and your loved ones are safe and healthy. We know the past few months have been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our communities. After careful thought and planning, PICL is excited to let you know that we plan to resume activities while, at the same time, following PA Government/PIAA and CDC guidelines to protect players, families, and our community.

The health and safety of our athletes, staff, and volunteers is our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while allowing our athletes to play. We are:

- Reducing physical closeness or contact between players when possible by working with coaches to ensure appropriate spacing during all activities whether engaged in skill development or on trail riding. Unfortunately, we'll be missing high 5's and hugs this year, but it's for the protection of all of us. We are strongly advocating for conducting team activities in smaller groups and keeping those groups intact through the on-coming weeks or even longer. We are also suggesting the staggering practices for groups, provided the teams and coaches can manage such separation.

Parents, this is a place where you can help tremendously!! To become a Level 1 NICA coach is an on-line only process. Teams must ensure a proper practice coach:athlete practice ratios in order to operate any activities. To consider the above recommendations on practice groupings, teams will need enough coaches! If you're not already coaching then talk with your head coach or team director about how to become a Level 1 coach so that you can help your team keep rolling through this difficult period. [More information is available here on the NICA site too.](#)

- Postponing travel outside of our local areas by focusing first on local team activities then moving toward Local Dirt activities that focus on close-to-home teams and, we hope, eventually bringing the PICL family together through appropriately designed events for larger gatherings as we better understand the evolving situations around COVID-19 and state guidelines.
- Promoting healthy hygiene practices by requiring everyone to carry appropriate PPE at all times so that it can be used when needed during practice, providing hand sanitizer at gatherings, encouraging everyone to cover coughs and sneezes with a tissue or inside of the elbow, and reminding all not to spit or blow their nose from the bike.

- Ensuring that we reduce interactions where we can as a way to reduce risk. PA guidance currently stipulates that only coaches and players may attend practices and events (along with event staff). If and when those restrictions relax to allow for more people to attend, it is very likely that we will be requiring that coaches, youth sports staff, officials, parents, and spectators in attendance wear a cloth face covering unless they are actively riding. Players should wear a cloth face covering when not riding and are welcome to wear one while riding if feasible. As a reminder, cloth face coverings should not be placed on young children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.

- Limiting the sharing of equipment - and we need your help here - because this comes down to making sure that our riders are fully equipped and properly outfitted with all of the necessary equipment, that tires are properly inflated, that riders have snacks and water to make it through the practice, so that we minimize the need to pass equipment or food between people.

This approach will continue if we are able to hold larger events as it will reduce and eliminate the amount of materials and time needed to create what has been the traditional NICA event infield and pit zone team area. This will help us reduce the number of staff and volunteers needed to construct and deconstruct the venue as well as reducing the chance of spreading COVID-19 by reducing the number of people that are in contact with each other, the event infrastructure, and equipment.

Additionally, we are working on event designs that adapt to meet the current situation for our participants by altering the style and type of events to meet the social distancing guidance and requirements provided by the PA government, PIAA, and CDC.

Anyone who is sick or has been in contact with someone who has COVID-19— including players, family members, coaches, staff and spectators — should not attend practices or events. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

Every Level 2 coach in our league has received the equivalent of Red Cross First Aid training at minimum and many have joined our Level 3 coaches to complete the higher standard of NICA First Aid or Wilderness First Aid certification. Every team has at least one first aid certified coach and most have several with certification. Our medical director and NICA first aid instructor are working to ensure that all coaches with any level of first aid training are receiving appropriate modifications to the medical response plan in relation to COVID-19.

If someone does get sick during practice or at an event, the following protocol will be used to isolate and transport that person to their home or a healthcare facility.

If a student-athlete, coach, or support staff reports symptoms of COVID-19 before practice has begun and before the individual has joined the rest of the group:

- o Isolate that individual and send the person home.
- o Communicate with the individual's family.
- o Notify your head coach and coaching staff.

- o Notify the league director.
- o Make sure that the individual follows the required protocol before returning to practice.

- If a student-athlete, coach or support staff reports symptoms of COVID-19 after practice has begun:
 - o End practice.
 - o Communicate with the student-athlete's or coach's family.
 - o Notify your head coach and coaching staff.
 - o Notify the league director.
 - o Make sure that the individual follows the required protocol before returning to practice.

- Depending on the circumstances and level of contact between the student-athlete, coach, or support staff reporting symptoms, the rest of the group's families may need to be notified. This decision will be made in coordination with the league director and the league's medical director.

As we are all aware, the government's response to COVID-19 is continually adapting to meet the current situation. As such, this information and protocol is subject to change based on information we receive from the federal, state, or local government. We will inform you of any changes to our protocols.

If you have a specific question about this plan or COVID-19, please contact the League Director, Mike Kuhn, for more information. Our league's medical director, Dr. Todd McGrath, is also standing by to answer questions or concerns you may have and can be reached at ToddM@pamtb.org. You can also find more information about COVID-19 at www.cdc.gov.

We look forward to seeing you soon. Now, let's ride!

Thank you, stay safe, stay healthy, have fun!

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