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As Covid-19 related restrictions ease in Pennsylvania we can cautiously resume NICA activities. We know that you are excited to get back to riding with your teams, and we are too! We must however do so safely. We recognize the benefit of physical activity during this pandemic, and have implemented a plan which follows local, state, and federal guidelines aimed at reducing the spread of the virus. This guidance augments coaching guidelines provided to all PICL coaches in preparation for our return to play on July 1, 2020.

## Practice Planning and Communication

### Student & Parental Planning

- Reset expectations. The season will feel different, but it can still be awesome. Your team can have an awesome time riding bikes no matter the group size
- Student-athletes and families should consider reassessing their riding goals and focus on what they can control; avoid focusing on the uncontrollable

### Expectations and Protocols

- Expectations for all practice participants (coach, student, parent) showing symptoms of COVID-19
  - Check for COVID-19 symptoms prior to practice (utilize self-check listed in additional resources below) and stay home for 14 days if you or a family member has symptoms
  - This would include anyone that resides with a participant
- Expect that practices will be different
  - Meeting places and times may change often or be staggered by groups
  - Grouping of coaches and students may be different than before
  - Student-athletes must sign up with the coach/ride leader (TeamSnap, text, however your team regularly communicates and/or your head coach requires) to participate
  - All families and student-athletes acknowledge the assumed risk involved with practicing; no one is required to attend practices if they do not feel comfortable
  - Decisions to ride should incorporate personal circumstances such as family members with whom they live or contact, being at higher risk for severe illness and/or other personal considerations
  - If a participant tests positive for COVID-19
    - Immediately inform the team director if a participant or a family member of a participant tests positive
    - Head Coach / Team Director shall immediately inform the League Director

## What Does a Practice Look Like?

### Group Size and Student: Coach Ratios

- Reminder: students & coaches to sign up in advance for practice
- Coach will maintain NICA acceptable ratios:
  - 2 coaches per 8 students
  - 1 coach per 6 students
- Student grouping during practices
  - Coach will make efforts to keep households/families together when possible
  - Group by experience and fitness level
  - Grouping to be consistent to avoid mixing between groups

### Practice Venue and Trails Protocols

- Maintain social distancing at the trailhead/practice
  - Expectations for social distancing during practice
    - What does 6 feet look like? Two bike lengths
    - [IMBA recommendations for safe riding during COVID-19](#)
    - When passing or being passed by other trail users communicate with them early and give lots of space of passing
    - Identify passing zones and areas to pull off the trail prior to your ride
- Be aware of increased volume of trail users, particularly new trail users
  - Try to be extra nice and welcoming while maintain social distance and communication
  - Your coach may have to rotate practice days for groups to avoid overcrowding
- Coach will clearly identify which trails each group will be riding and plan staggered start times to avoid overlapping groups
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## Practice Activities

- Maintain safe following distance when riding; 20 feet or more based on speed and trail
- Student-athletes/coaches are required to wear face coverings as soon as they arrive at the ride meeting point
- Ride leader will announce 'masks off' when group is ready to roll out
- All participants must have face coverings with them on the ride, and be ready to put them on when the ride leader announces 'masks on'
- Student-athletes & coaches participating in practice sessions must perform a self screening prior to practicing
- Parent responsibility to confirm student athlete is symptom-free and check student temperature prior to every practice

- Parent implicitly confirms that student is symptom free by permitting the student to practice
- Athletes coaches and volunteers showing symptoms of COVID-19 shall not be permitted to participate.
- No high fives, hugs, spitting or physical contact.
- Student-Athletes and Coaches should not share equipment, water, or food
- All coaches and student-athletes should come prepared
  - Tube, Tools, Pump
  - Water and Food
  - Extra Clothes
  - Hand Sanitizer
  - Disposable gloves - in case you need to touch someone else's equipment.
  - Masks/face coverings when off-bike, and at the ready when on the bike and distancing is not possible
- Coaches will consider sending student-athletes home if they come unprepared to help them build self-reliance
- Expect that coaches will take and archive attendance of athletes and coaches; in the event of a positive COVID-19 test the attendance record will help with contact tracing
- Student athletes should check their own bikes and coaches should avoid touching student-athlete's bikes
- Maintain social distancing when lining up for skills and drills
- No static holds or partner demos
- Teams may play games that allow athletes to maintain distance such as slow race, track stands, red light/green light, dual slalom, relay races without physical hand off
- Avoid Games that require close contact such as Foot down, Tag, Bike Soccer
- Trail Rides
  - Avoid pushing your limits; ride within them
  - Remember to maintain social distancing and know how to pass other trail users
  - If a coach or student-athlete reports symptoms of COVID-19
    - Ride leader shall end practice
    - Ride leader shall communicate with the student-athlete or coaches' family
    - Head Coach shall communicate with the rest of the group's families
    - Ensure the coach or student-athlete is tested or symptom free for 14 days before returning to practice

## Additional Resources & Consideration When Planning Your Return to Play

- [NICA Wide COVID-19 Recommendations](#)
- [PA Return to Play Guidance for Sport](#)
- [PA Dept of Health Guidance and Symptoms and Testing](#)
- [CDC Testing Guidance](#)