



Arizona Cycling Association COVID-19 Safety and Wellness Best Practices and Considerations

The Arizona Cycling Association (ACA) strongly supports the return of athletics and competitive sports. However, it must be done so in the safest way possible. The following document provides guidance and recommendations for continuing athletic activity while COVID-19 is present in the community. As a living document, this may be updated as new information and recommendations become available.

Continued Presence of COVID-19 in the Community

COVID-19 is and will continue to be present in our communities indefinitely. As long as there is active community spread which means that new cases are still increasing, we must all be stewards of maintaining a healthy community by limiting the spread of disease. The purpose of the document is to provide guidance for the health and safety of Arizona Cycling Association (ACA) participants. Participants include the student-athletes, coaches, staff and attendees at any practice, activity, event, or race as a member of the ACA community.

The ACA is following the recommendations Centers for Disease Control and Prevention (CDC), the Arizona Department of Health Services (ADHS), Arizona Interscholastic Association (AIA), and the respective county health departments for each race within the Arizona Cycling Association calendar.

This is currently a challenging environment and recommendations are changing daily as new information is learned and professional recommendations are offered at all levels of government.

It is the absolute priority that the ACA protect the physical and mental health of all student-athletes and coaches that participate in our teams and/or events. The ACA reserves the right to make policy changes, and delay, reschedule or cancel events to ensure the integrity of the safety systems for all student-athletes and coaches.

RISK ASSESSMENT

Arizona is at a very high COVID risk level, with increasing rates of transmission across the region.

Current rates of community transmission throughout the Phoenix and Tucson metropolitan area school districts are in the **High** category. This the highest category in the scale. That is defined by greater than 100 cases per 100,000 people and greater than 10.0% positivity rate in COVID testing.

The current rates of community transmission in Yavapai and Coconino counties have been fluctuating between Moderate, Substantial, and High. That is defined by 10 to 100 cases per 100,000 people and greater than 7% positivity rate in COVID testing.

CLOSE CONTACT

The greatest threat to the student-athletes, coaches and families is close-proximity contact with people from separate families in an athletic environment. Close contact has been defined by the CDC as **less than 6 feet for more than 15 minutes in any 24-hour period**. This includes transportation to/from practices and events, team meetings (both indoors and outdoors), during practice activities, and congregating in groups at ACA races.

VACCINATIONS

Vaccinations are the leading public health prevention strategy to end the COVID-19 pandemic. Promoting vaccinations can assist the ACA to maintain our ability to provide ACA-sponsored activities, teams, and races in the safest possible manner. Vaccination is now available for all people 12 years and older. The ACA **strongly recommends** that all members who can receive COVID-19 vaccine are vaccinated.

- [CDC Vaccination Guidance](#)
- [CDC Vaccination Guidance for Children and Teens](#)

MASKING

The use of universal indoor face masking for all ACA participants, regardless of vaccination status is highly recommended. Face masking is also recommended in outdoor settings and environments in which participants will be within 6 feet of one another. This is regardless of vaccination status. All event attendees are requested to have a mask and use it in common areas anytime physical distancing cannot be observed.

Masks will not be required during racing at this time. This could change if the recommendations change. Masks will be required during staging and may be removed in the start chute one (1) minute prior to the start of the rider's race. Racers who lower their mask during staging or remove it prematurely will be assessed a Yellow Level Consequence, as defined in the rulebook (first offense: warning; subsequent offenses: 5-minute penalty).

Any racer who enters the staging area without a mask will be turned away. Upon returning with a mask the racer will be staged at the back of their field. Additionally, a 200-point penalty shall be applied to the racer's team.

Repeat violations by the same racer or multiple violations by racers on the same team may result in rider and/or coach suspension.

Masks must be worn by feeders in the Feed Zone.

TESTING

Student-athletes and coaches who feel ill are required to test for COVID (PCR testing). The following signs and symptoms require testing:

- Respiratory tract infection (cold and/or bronchitis).
- Gastrointestinal symptoms (vomiting and/or diarrhea).
- Allergy symptoms that are not typical or for those who do not normally experience allergy symptoms.
- **Any** fever.

Any student-athlete or coach who is feeling ill and has undergone testing must remain away from any team activity or contact until they receive a negative test result or fall to the positive test protocol.

Additionally, students, coaches, and staff who have had close contact with a COVID positive individual (family member, teammate, co-worker, classmate, or friend) must follow the current CDC guidelines for quarantine and return to activity.

- If vaccinated and asymptomatic, the exposed person should get tested 3-5 days after exposure and wear a mask indoors in public for 14 days following exposure or until their test result is negative. If the test is positive, then follow guidelines as noted (even if asymptomatic).
- If unvaccinated and asymptomatic, the exposed person should remain quarantined for 10 days OR may choose to get tested on day 5 or later, with return after day 7 if their test is negative.
- Note that quarantine recommendations for close contact are subject to change.

Should any positive test(s) occur during or immediately following an ACA race, the ACA will determine if the following race in the series will take place as scheduled, is delayed or rescheduled, or is canceled.

RETURN TO PLAY AFTER A POSITIVE TEST

Student-athletes or coaches are strongly recommended to be evaluated by their primary care physician and given clearance to return to team activities, practice,

and race. This clearance must be communicated by the parents/guardians to the Team Director or Head Coach. Teens who have had COVID disease have a much high risk of myocarditis (inflammation of the heart). The ACA would like to ensure the health and safety of any returning student-athlete or coach to team activities.

Any student-athlete or coach that has been hospitalized with COVID, the CDC currently recommends isolation, up to 20 days after first symptoms. They should heavily consider medical clearance by their primary care physician prior to return from isolation and to play.

If any student-athlete has tested positive for COVID and had symptoms, they may return to ACA activities after:

- 10 days since symptoms first appeared, and
- 24 hours with no fever without the use of fever-reducing medications, and
- Other symptoms of COVID are improving.

If any student-athlete has tested positive for COVID and has had no symptoms, they may return to ACA activities after:

- 10 days have passed since they had a positive viral test for COVID.

REPORTING

Should any student-athlete or coach test positive for COVID, it must be communicated to the ACA Executive Director as soon as possible.

The return to play policy must be followed in its entirety. To return to play, communication must be made to the ACA Executive Director once all return to play benchmarks have been met and approval must be obtained to return to participation in ACA races.

Any team, student-athlete, coach, team director, parent, or guardian that violates the integrity of the above COVID policies shall be suspended for the remainder of the season. This includes failure to report a positive case(s), failure to accurately communicate the timeline of the illness, failure to follow the above standards, any deception, or misleading attempts to manipulate the ACA systems or staff. At the conclusion of the season, the ACA reserves the right to evaluate the circumstances and determine the reinstatement or permanent removal from all ACA activities.

ADDITIONAL RESOURCES

The following resources are intended to supplement – not replace – ACA, local, state and federal health and safety laws, rules and regulations.

- [Arizona Department of Health Services: Coronavirus Home](#)
- [Arizona Interscholastic Association Recommended Guidelines for Returning to Athletic Activity](#)
- [CDC COVID-19 Homepage](#)
- [CDC Symptoms of Coronavirus](#)
- [NFHS Guidance for Opening Up High School Athletics and Activities](#)