

1 October 2020

Eastern Cycling Club

Newsletter

Duty Roster

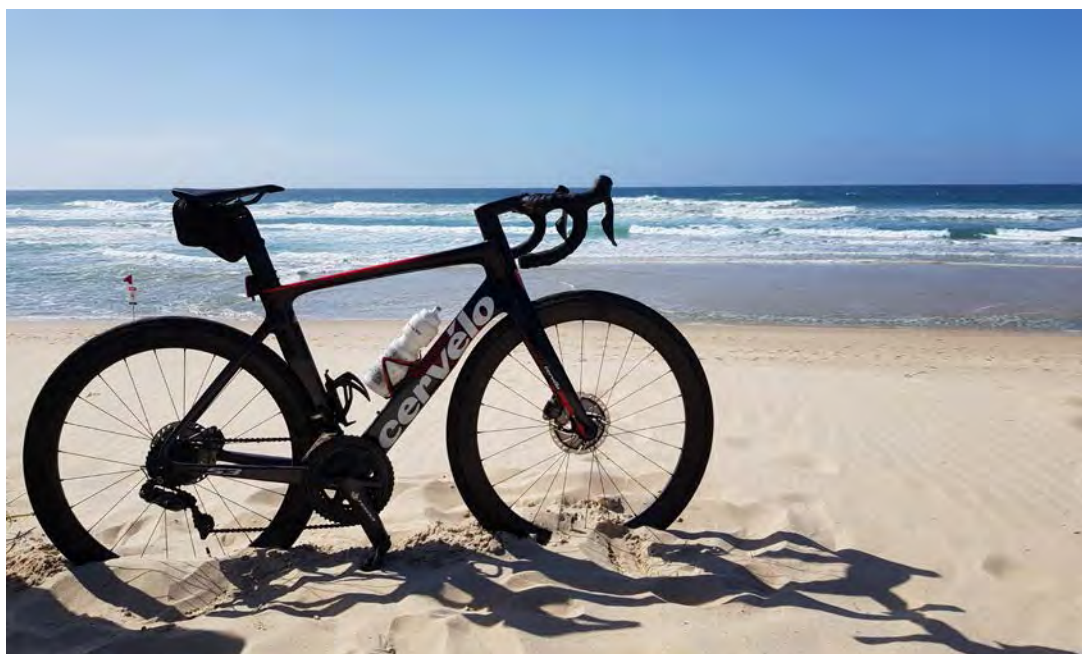
The duty roster is in abeyance while racing is suspended in response to the COVID-19 pandemic.

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It's been more than six months since our last club race (Casey Fields on 14 March) but there's been plenty of riding going on – both outdoor and virtual – while stage 4 COVID-19 restrictions have been in place. Many have witnessed congestion on already popular shared paths as people deprived of access to gyms, families with kids in need of distraction, and those simply making good use of their lockdown exercise time, have flocked to use them. Roads, by contrast, have been relatively quiet, and some of us have returned to old training haunts or devised new road loops within 5 km of home.

The state's new COVID case numbers keep trending downwards from the spike in late July and early August that led to the second lockdown. We can only hope they keep doing so, allowing restrictions to be further eased and, eventually, activities such as bike racing to resume.

The club committee has continued to meet and has been active behind the scenes to ensure we are ready when it is deemed safe to race again. There's a fair bit to catch up on. In the following pages you'll find a message from El Pres. Adam and an update from Pandemic Safety Officer Dale Walton on new race-day requirements and procedures. You should read them.



Chris Ellenby, master of the well-timed move, shifted his home base to the Gold Coast in March and has been driving his Strava followers nuts with daily pics like this one. Scroll down to see and read more.



Message from the President

Cashless racing

Members will recall the committee recently sent out a survey flagging an intention to go cashless for racing given the challenges with COVID and the general trend towards going cashless. Considering the feedback from the majority of members, the committee has approved the following.

When we return to racing, entry fees will be \$10 for Saturday and Tuesday races, and there will be no cash prize money. Saturday racing will still accrue points for the club aggregate championship, and there will be separate male and female aggregate points awards (details to be announced). The Tuesday Twilight Crit Series will still have trophies for top three in the series and prizes for the top 10, sponsored by Croydon Cycleworks. Regarding Wednesday racing at the Loop, please discuss with John Williams. The club will procure a wireless EFT device and this will be used for Saturday and Tuesday race entry fees and purchase of drinks post-race on Saturdays.

Club signature events such as the Team Time Trial, Rob Graham Memorial and other handicaps, plus selected race series such as the Toughen Up series, may have prize money attached and increased entry fees, and these will be advertised accordingly in advance. As per your feedback from the member survey, race days will still feature presentations, with the usual kudos and race reports, and podium photos for Facebook and the newsletter.

AusCycling update

In our monthly meeting on 16 September, Eastern Cycling Club Committee endorsed and now supports the position of our parent body, Veteran Cycling Victoria (VCV), in moving across to AusCycling. Here is an AusCycling information summary update from the VCV.

The VCV Executive are of the opinion that joining AusCycling, rather than continuing as part of the AVCC, is in the best interests of the VCV and its affiliate clubs and members. We have been a divided cycling community for far too long, and now is the time for the unification of all cycling disciplines and controlling bodies. We are looking forward to joining AusCycling and being part of this important step forward for cycling in Australia.

Membership/Licences

- One licence to race in all cycling disciplines (Road, Track, CX, MTB and BMX)
- Adult up to 64 years old, \$250 plus club fee
- Adult 65 years and older, \$120 plus club fee
- Non-riding (Officials), \$55 plus club fee
- Recreation memberships for non-racing riders, \$80 plus club fee
- Family memberships at discounted rates
- 12-month rolling memberships from the date of purchase
- Yearly memberships can be paid in optional monthly instalments
- 24/7 personal injury and public liability insurance cover
- Various promotions for new members to come and try
- Cheaper for those who have bought multiple licences (AVCC, CA, MTA) in the past
- Clubs can set their own membership fee
- AusCycling members will have access to various exclusive commercial discounts and offers such as discounted entry to fondo and other community/charity events.





Clubs and events

- Clubs will be able to affiliate as a masters (veterans) only club, for members 30 years and over.
- Club events can be for masters-only riders.
- Entries can come from any masters-aged AusCycling club member.
- Can enter any AusCycling-sanctioned event conducted by any AusCycling-affiliated club.
- Clubs can set their own race entry fee.
- Clubs can use whatever race entry system they wish.
- AusCycling preferred race entry system is EntryBoss.
- EntryBoss will be used for club race sanctioning and club race results reporting.
- These EntryBoss functions will be provided free to all clubs.
- The sanction process is to ensure all events meet the minimum safety standards (e.g. clubs receive their permits, have first aid, have an official(s)).
- This will also enable auto-loading of events into one national calendar, support calendar deconflicting (where relevant) and support reporting (e.g. injury, participation), which are all designed to help those conducting events.
- There will be no change to the permit requirements set by Victoria Police and road and local authorities.

Referees

- All VCV-accredited referees will be recognised and translated across as AusCycling commissaires.
- AusCycling would also support referees to be able to gain additional qualifications should they want to officiate at various levels or in other disciplines.

Other items

- Clubs will be affiliated with the recognised national and state sporting organisation.
- Clubs will have access to all state and national grants.
- Policies, documents and advice will be set and given by qualified professionals.
- AusCycling will be aiming to secure broader funding out of the health budget and will use this to seek to promote the sport, secure facilities and run events.
- AusCycling will exist to serve the needs of clubs and members and provide daily support and resources through state-based offices.
- Each club will be a voting member at a General Meeting. Number of votes is determined by the number of members a club has.
- Check out the AusCycling website to find out more: <http://auscycling.com.au/>.

Timeline

- 1 October 2020: AusCycling will become operational with all MTB Australia and BMX Australia clubs.
- 12 September 2020: Cycling Tasmania conducted a SGM to vote on supporting Cycling Australia joining AusCycling. The outcome was a 'yes' vote.
- Cycling Australia has conducted a SGM for all states to re-vote on joining AusCycling. Outcome is six states in favour and two states against. Motion carried.
- Cycling Australia to join AusCycling on 1 November 2020
- VCV clubs to affiliate with AusCycling – expected before 1 January 2021





Thanks to all members. Please rest assured that your committee has been working hard behind the scenes and we are ready to commence racing in 2020 if government rules and guidelines allow.

In the meantime, I hope you and your loved ones are staying safe and keeping well.

Regards,
Adam Dymond
President ECC

Changes to procedures in response to COVID-19

Requirements for all riders and attendees on race days

Dear Eastern members,

In anticipation of a return to racing, and as part of the AIS 'Return to Sport Requirements', all VCV-affiliated clubs are required to have a **COVID-19 Safety Plan** in place before racing can commence.

A nominated Pandemic Safety Officer (PSO) is also required at each club. ECC has three PSOs sharing the role: Dean Tune and I will be responsible for weekend and Tuesday racing, and John Williams will undertake the role for Wednesday racing at the Loop.

While safety on the race track has always been at the forefront within the culture of ECC, safety off the track through general procedures and hygiene practices has now become a high priority due to COVID-19.

The club has produced a **Summary of Race Day Procedures**, which is a quick reference document to guide all members through the changes that will be in place at the re-commencement of racing. The aim of these changes is to ensure the club can provide a safe operating environment, while minimising the risk of transmission to all race day attendees. It is imperative that all members now read this document, and make themselves aware of the relevant changes being adopted. Please scroll to the end of this newsletter to see the document.

Some of the main changes are:

- temperature checks on arrival (a second failed temperature check will result in entry being refused) and strict registration closing times (15 minutes prior to race start)
- contactless payment systems to reduce cash and general handling transactions
- increased emphasis on hygiene and hand sanitiser stations
- use and cleaning of race numbers (cleaning by marshals)
- changes to post-race presentations.

I would like to request all members pay particular attention to the temperature checking procedure that will be undertaken by the First Aid Officers upon arrival at each weekend and Tuesday race meet. In particular, members who ride to these events may record a higher temperature reading (at or above 37.5°C), thus potentially running into a problem if a second (and final) check is required. The club will be encouraging riders to arrive early to events to avoid this possibility, as at least 10 minutes between readings is suggested, and a second and successful temperature check will need to be completed before the closing of race registration.





The full ECC COVID-19 Safety Plan and the Summary of Race Day Procedures will be available on the ECC website.

Should you have any questions regarding the Race Day Procedures or the Safety Plan, please contact any of the Pandemic Safety Officers, who are listed in the relevant documents.

Looking forward to seeing everybody on the track (hopefully!) sooner rather than later.

Dale Walton
ECC Pandemic Safety Officer

Future events

Eastern CC events

As advised on page 1 of this newsletter and elsewhere, all Eastern races are suspended until further notice in response to the coronavirus (COVID-19) pandemic.

News etc.

A well-timed move

By Chris Ellenby

I moved to the Gold Coast at the end of March, just 1 day before the borders closed.

In the 6 months since arriving, I have ridden 180 days out of 182 – missed 2 days due to family commitments. My total kilometres in the past 6 months come to 12,500.

A few times a week I ride with a local group who have taken me on some challenging workouts. The legendary Danny Clark is in the group as well as several of his racing buddies. These ex-pros are quick and strong, and have helped me improve my level of fitness.

I race every weekend with Gold Coast Masters Cycling Club on crit courses. About 50 to 80 turn up each week. B Grade standard is solid – at least a quarter of the field should be riding A Grade.

The podium pic (see next page) is at the Norwell motor racing circuit (similar to Sandown). I've been on the podium four times but am yet to crack a win.

I expect to remain at the Gold Coast until Melbourne people can travel interstate freely without the need for a self-funded 14-day quarantine.

The weather here over autumn, winter and spring is perfect for riding – the locals rug up if the temperature gets down to 15 degrees.

I can continue working full-time from my Gold Coast unit, looking out across to the surf from the 15th floor and watching the whales go by.

I hope the restrictive lockdown conditions in Melbourne are eased very soon so that life can get back to normal.

Life at the Gold Coast is better than normal. I am a lucky man!





Chris Ellenby has been making the most of being 'stranded' on the Gold Coast, clocking up 12,500 km of riding on the coast and in the hinterland in an almost unbroken streak of 180 days, and more recently returning to weekend crit racing. We'll get there!





Sponsors



Summary of race day procedures

COVID-19 requirements



1. PRE-RACE

All Riders & Attendees :

Upon arrival, ALL ATTENDEES shall:

1. Immediately have their temperature checked prior to entry of the event facility.
2. Immediately have their attendance recorded with the race entry registration official.
3. Wash/sanitize hands (In particular, prior to handling any shared facilities)
4. Enter race & obtain race number (if racing)
5. Immediately vacate the entry / registration area to maintain social distancing requirements, and minimise overlap with other participants / attendees.
6. Adhere to standard 1.5m social distancing requirements at all times.

Note: Race registration will close STRICTLY 15 minutes prior to the scheduled race start time.

Temperature Check Procedure (First Aid Officer):

1. Each attendee shall be temperature checked prior to entering the event facility at Weekend & Tuesday racing events only (*Wednesday racing at the loop will not undergo temperature checks*).
 2. A temperature reading BELOW 37.5 degrees Celsius is required before entry to the facility &/or race event is allowed.
 3. If an attendee registers a first temperature check **at/or above 37.5 degrees Celsius** then:
 - a. He/she shall be isolated from other attendees, and allowed a further 10 minutes before re-testing. (A rider may choose less time between readings, however a second failed reading shall automatically result in non-entry);
 - b. If a second reading at/or above 37.5 degrees is registered, then;
 - Relevant name and contact number details shall be taken, entry will be refused, he/she shall be asked to leave the area immediately, requested to self isolate AND obtain a COVID-19 test:
 - c. The duty PSO shall remain in regular contact with the relevant person until a negative COVID-19 test has been obtained. Riders may not be able to attend further races until a negative test result has been obtained.
- Riders are encouraged to arrive early to avoid large groups congregating at race entry / registration points, and to allow additional time for second temperature checks if required. Those members riding to the event should take particular notice of potential higher readings and associated procedures.
 - **CAUTION:** Riders failing a first temperature check less than 25 minutes before the scheduled race start time may miss the registration cut-off time, and will not be allowed race entry.
 - Spectators are discouraged from attending race meetings wherever possible.

Duty Marshals & Volunteers:

- Immediately upon arrival, marshals (and other attendees) shall report to the First Aid Officer for temperature checking, and then the race registration desk to have their attendance recorded prior to reporting to the trailer/duty co-ordinator. Marshalls are to wash/sanitize their hands at the trailer sanitizing station after completion of duty.
- Gloves are to be worn where handling shared facilities/signs etc.
- All Marshals & volunteers are to exercise 1.5m social distancing at all times.

2. POST-RACE

Riders:

- Riders shall return their race number (in numbered order) plus helmet covers at/near the registration area as per normal practise.
- All Riders are encouraged to wash/sanitize their hands (in particular) if intending to purchase food or handle the drinks cooler (where available).
- All riders will be expected to exercise 1.5m social distancing at all times.

Post-Race Presentations:

- All attendees will be expected to exercise 1.5metre social distancing at all times.
- Podiums shall be placed at 1.5 metre spacing.
- No handshaking or (prize-money) envelopes shall be traded at the post-race presentation.
- *Mask wearing shall be as per government requirements at the time.*

Duty Marshals:

- Disinfect each race number, and store (in numbered order) ready for next race meeting.
- Ready the trailer cleaning station for next race meeting and store in trailer including:
 - Refill sanitiser bottle as required
 - Refill detergent spray bottle as required
 - Ensure adequate wipes & gloves available for next race meeting.
 - A4 hygiene signs.
 - Covid-19 Safety Plan is available (Purple folder)
- Moist or wet vests to be cleaned prior to next use.
- Shared helmet covers & non-disposable gloves to be cleaned prior to next use.
- Single use gloves to be disposed of.

Food & Beverage:

- **BBQ** - Two volunteers (One cook & One handler) shall be available when food services are being offered to avoid multiple people handling food or food containers. Food service volunteers to wear gloves at all times.
- **Drinks** - A gloved volunteer to solely handle drinks and money transactions is preferred. Where a volunteer is not available, members are to drop correct change into the money receptacle WITHOUT having to reach in and take change (in order to minimise communal money handling). Correct change is strongly encouraged.

Note: Members should assume that the contactless `Pay Wave` system will be utilised for all purchases at some stage.

3. GENERAL

Cash Handling - Race Entry Registration, BBQ/Drinks station & Prize money

ECC is moving to an electronic contactless `Pay wave` card payment (& cashless) system.

- Payment for race entry shall be by debit or credit card at the point of entry.
- Initially, (where food & drink services are provided) cash may be used however correct change is required as members will no longer be able to handle their own change.
- Prize money has been removed from regular weekend & Tuesday racing events incorporating a reduction in race entry fees. Prize money will still be paid on advertised races and signature events only.

(Wednesday racing at the Loop)

Wednesday racing will see the continuation of gold coin entry & prize money with all money handling being done by the referee.

Race Numbers

Weekend, Tuesday and public holiday racing

Weekend & public holiday races will continue to use shared race numbers. Riders will collect and return race numbers (pre and post race) near the registration desk & sanitiser station as per normal practise. Upon completion of the race, riders are requested to return their numbers in order, where a duty marshal shall be responsible for post race cleaning of all numbers.

(Wednesday racing at the Loop)

Wednesday racing will see regular riders being provided with their own (temporary) individual number for use at each race until the COVID-19 outbreak is deemed to be over. Those interested in racing on a Wednesday should contact John Williams on 0419 713 087 .

Registration Official:

- **Pre-race** - Ensure all attendees provide name & contact number on the electronic attendance / race entry register including Riders, Officials, Marshals, Volunteers & Spectators.
- **Post race** - Email completed electronic attendance register to the duty PSO, or save with previous files (All in same location for easy access) as required for contact tracing (As per adopted ECC process).

PSO (Pandemic Safety Officer):

Pre race:

- Set-up signage, cleaning and sanitiser stations in relevant locations as per 'Plan' requirements
- Provide the Laser Thermometer to the First Aid Officer for entry testing.
- Check relevant Attendance Register process is set-up/available (i.e. electronic / paper as relevant)
- Assist & monitor First Aid Officer &/or registration/attendance desk as required.

Post race:

- Collect hand sanitiser stand, thermometer, all sanitizing station material, & A4 signage and store in race trailer where possible (where trailer is in attendance).
- Confirm electronic attendance register (to be saved/filed) is complete and available for quick access in the event of contact tracing being required.
- Collect physical attendance registers (if applicable) and combine with the electronic attendance register within 24hrs of the event.
- Check adequate sanitizer station equipment is available for next race meeting &/or event.

Sanitizer Station Locations & Content

1. **Registration Desk** – One automatic touch-less hand sanitiser dispenser (on stand). One spray bottle with water & detergent mix (and) for general use as required. 4 by A4 laminated hygiene signs (Hands, Cough, Simple Steps, Keep Your Distance).
2. **Trailer** - One automatic wall-mounted touch-less hand sanitiser dispenser with alcohol hand sanitizer for hand sanitizing, One spray bottle with water & detergent mix (and) minimum one wipe for post race cleaning of race numbers, and wiping of traffic signage. Disposable gloves. (B.Y.O Gloves encouraged). 2 by A4 laminated hygiene signs (Simple Steps, Keep Your Distance).
3. **Toilets** – One pump bottle liquid soap at each Male & Female facility OR unisex facility.
4. **BBQ/Drinks station** – Minimum 1 bottle of hand sanitizer (OR relocate/use the automatic touch-less hand sanitiser dispenser (on stand) used at registration, One spray bottle with water & detergent mix (and) one wipe for general cleaning. 1 by A4 laminated hygiene signs (Hands). 1 set of gloves for each volunteer.
5. **Entry** - One 'STOP' laminated A4 flyer at site entry (where a 'STOP' notice on a physical attendance register has not been adopted).

This document, and the complete ECC COVID-19 Safety Plan is accessible via the ECC website.

If you have any questions, please contact one of the PSO's below.

Weekend, Tuesday and public holiday racing

Dale Walton – 0409 943 663

dale@designeq.com.au

Dean Tune – 0428 959 166

dtune69@gmail.com

Wednesday (& public holiday) racing at the loop:

John Williams - 0419 713 087

johhnybgood@easterncycling.com