Tour de Rocks Ltd ("Tour de Rocks") has conducted a review of its COVID-19 policies and agreed to implement this Policy in regards to the Tour de Rocks Charity Bike Ride ("the Ride").

It will be regularly reviewed and updated with any changes made by the NSW Government to requirements, definitions, etc. and changes in the operational requirements of the Ride.

Individuals MUST NOT attend the Ride if they:

- Have tested positive for COVID-19, or are a close contact to a known COVID-19 case within the last 7 days; or
- Are awaiting the results of a COVID-19 Test; or
- Are feeling unwell and suffering from cold or flu-like symptoms.

All applicable NSW Health Health Orders, Regulations and requirements will apply when there is a conflict between them and this policy.

First Aid and Injuries

If during the course of the Ride a participant receives an injury and the First Aid staff have noted that they should not continue, but the participant wishes to continue, they will be required to sign a waiver / release prior to them being able to continue.

Sanitisation Stations and Supplies

Sanitisation Stations and Supplies will be placed throughout locations used for the Ride. Everyone is encouraged to bring their own hand sanitiser etc. and follow COVID-19 safe processes and practices.

All common surfaces and areas will be regularly sanitised throughout all events.

Water

All attendees must bring their own water containers. It is recommended that all containers are cleaned regularly.

Signage

Signage will be placed throughout the Ride reminding all patrons to practice social distancing, as well as personal hygiene requirements.

Announcements

Team Captains are encouraged to regular check schedules and requirements for the Ride. It is their responsibility to ensure that their team is present and ready for all required events and activities.

Regular announcements will also be made throughout the ride reminding everyone to practice social distancing.

Toilets and Changerooms

Toilets and changerooms will be open and regularly cleaned throughout the Ride.

Volunteers and Officials

Tour de Rocks will have COVID-19 Marshalls on the Ride. All directions from them must be adhered to.

Public Health Orders and Tour de Rocks Ltd Policies

Tour de Rocks requires all participants to comply with the Tour de Rocks Policies and NSW Health Orders.

https://www.health.nsw.gov.au/Infectious/covid-19/Pages/public-health-orders.aspx

All participants should ensure they take personal responsibility for their actions and limit their risk of being exposed to COVID-19. Any person that is considered a close contact (as per NSW Health definitions), must adhere to all NSW Health requirements and directions, before attending the Ride.

Management of Unwell Participants and Potential Outbreaks

Any person that is displaying COVID-19 symptoms must undertake a Rapid Antigen Test. If the test is positive, the person must follow NSW Health requirements and directions. They must also notify Tour de Rocks of the result. This will allow Tour de Rocks to implement a risk minimisation strategy.

Most common symptoms:

- fever
- cough
- tiredness
- loss of taste or smell

Less common symptoms:

- sore throat
- headache
- aches and pains
- diarrhoea
- a rash on skin, or discolouration of fingers or toes
- red or irritated eyes

Serious symptoms:

- difficulty breathing or shortness of breath
- loss of speech or mobility, or confusion
- chest pain

Positive Case during the Ride

If there is a confirmed case of COVID-19 during the Ride, Tour de Rocks will follow all directions from NSW Health. This may require areas to be cleaned or, in an extreme case, the Ride to be cancelled.

Rules and Restrictions

Please follow all current Rules and Restrictions that are in place from time to time.

Tour de Rocks may, in high-risk settings, direct that participants to follow additional requirements.

CONDITIONS OF ENTRY

If at any time a person is found to be breaching a code of conduct, or any condition of entry including this plan, they may be removed from the Ride.