Michigan Scholastic Cycling Association

Michigan Scholastic Cycling Association
PO Box 252986 | West Bloomfield, MI 48325
Phone: (248) 671-3029
www.miscabike.org

GUIDANCE SURROUNDING THE GATHERINGS AND FACE MASK ORDER (MAY 28, 2021)

The following document is to help clarify and communicate the mandates released by the Michigan Department of Health & Human Services (MDHHS). MiSCA is required to and will fully comply with the guidelines as documented in the Interim Guidance for Athletics issued May 24, 2021, which is in place through July 1, 2021 at 11:59 PM. This document isn't meant to be a complete resource and coaches and parents should follow all local guidelines. **Additional guidance and direction in the days and weeks ahead should also be anticipated.**

Updates

The gatherings and face mask order was extended through July 1. While many restrictions on outdoor activities have been lifted, the requirement for weekly testing of unvaccinated student-athletes ages 13-19 remains. Indications are that all epidemic orders will be lifted after July 1st. Families that are unable to comply with the guidelines put forth by the MDHHS are eligible for a full refund of their MiSCA fees; however, annual registration is required for students to be eligible to participate in races this fall, regardless of team affiliation or participation.

Scope

The below requirements apply to all Michigan-based teams, regardless of scholastic or composite affiliation. It is understood that school-based teams may receive varying guidance from Athletic Directors, based on the MHSAA; however, all official team activities must comply with current and future MDHHS gatherings and face mask orders. The guidance is specifically for "practices and competitions" and does not apply to team meetings, trail days, conditioning, non-sponsored group rides, etc. If there are questions about whether an activity applies as a "practice", please email swarren@miscabike.org.

Testing Requirements (ages 13-19 only) – effective immediately until at least July 1, 2021 at 11:59 PM

Unvaccinated participants ages 13 – 19 must test for SARS-CoV-2 on a weekly basis. These requirements apply to both school and non-school sponsored sports.

- Coaches must inspect the lab result (printed or on-screen) to confirm the result is negative and the test occurred within the past 7-days. Lab results are not to be stored by coaches or MiSCA; however, it is recommended that confirmation a check was completed be included in attendance.
- The testing required is the "rapid" antigen testing, done with a nasal swipe, with results in just 15 minutes. The PCR test is also acceptable; however, results may take hours or days to receive.
- Find a testing location near you: https://www.solvhealth.com/search?cobrandedSrpLocation=MI (remember to request the rapid test for fastest results)
- If any individual tests positive:
    - with an antigen test: that individual should not gather for the purposes of competitive or team activities for the duration of their infectious period as determined by current CDC guidance (URL: bit.ly/2TBf0Xq), unless that individual is asymptomatic and obtains a negative RT-PCR test within 48 hours of the initial positive antigen test. For more information, visit Michigan.gov/Coronavirus.
    - with a RT-PCR test: that individual should not gather for purposes of competitive or team activities for the duration of their infectious period, defined as 10 days from date of first positive test (if asymptomatic) or as determined by current CDC guidance (if symptomatic).
- Participants who have recovered from confirmed COVID-19 in the past three months and remain symptom-free may gather for purposes of sports practice or competition without testing if they can provide a letter from their doctor attesting that they fall into this category, or they have proof of a positive antigen or RT-PCR diagnostic test within three months. An antibody test is not sufficient.

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Additional Requirements (all ages) – effective immediately until at least July 1, 2021 at 11:59 PM
More stringent local guidelines and those relevant to indoor facilities should be followed if applicable.

- All coaches/students will be screened (temperature check and questionnaire) for signs/symptoms of COVID-19 prior to a ride. This can be performed via an online tool (like this) with the temperature check taken at home.
- Head coaches should report to MiSCA when a coach/student is sent home after failing an in-person screening.
- Coaches/students should not attend gatherings if anyone in the household has been sick with a fever within the last 24 hours, or they are experiencing any two of the listed symptoms per CDC. Sick coaches/students may not return until they have met CDC's criteria to discontinue home isolation.
- Coaches/students testing positive for coronavirus should report to MiSCA if they have attended a MiSCA or team activity within the 2-weeks prior to a positive test. Follow all other local health department guidelines before returning.
- Riding groups should be conducted in "pods" of students/coaches with the same small group always riding together. Larger teams should stagger start times or locations to avoid congestion in parking lots or common areas. Gathering sizes may be regulated as determined by Government and Health Departments officials.
- Proper attendance must be retained by coaches, noting which coaches/students participated within each ride group. It is recommended to include verification that a screening was completed and, ages 13-19, a test result was reviewed.
- Each group must have a minimum of 2 certified coaches (always with a minimum ratio of 6 riders to 1 coach). At least 1 of the coaches in the group must hold a first aid / CPR certification, meet all level 1 requirements, have at least watched the ride guide webinar, and completed the quiz (preferably level 2+ certified). Online-only medical certifications will be evaluated on a case-by-case basis for the 2021-2022 season.
- No sharing of tools or equipment (including bikes, clothing, helmets, water bottle). Coaches can help with repairs to a rider's bike but should use their own tools and maintain the 6' distancing from the rider.
- No sharing of food or water (unless medically necessary).
- No physical contact, like high-fives or fist-bumps.
- No spitting or snot rockets at all. Yes, even if you are away from the group and aiming toward the ground.

FREQUENTLY ASKED QUESTIONS

Why isn't MiSCA following guidance from MHSAA regarding "out-of-season" sports?
While MiSCA is only competitive in the Fall, we do not have out-of-season restrictions like most scholastic programs. Our official season is defined as March-March with no "off-season" or "pre-season". Additionally, we believe the MHSAA guidance was specific to single-school teams and many of our teams allow younger children or those outside of their school to participate in team/club practices. Regardless of that rationale, we also received further clarification directly from MDHHS that we must follow the guidance presented in the Interim Guidance for Athletics issued May 24, 2021. This guidance was revisited on May 28, 2021 with direct communication between MiSCA and MDHHS.

What is the difference between a group of coaches and kids riding together and an official team activity?
The short answer, insurance. MiSCA-certified coaches have always done rides outside of those organized for the team, like riding with their own children or meeting up with other families – those rides have never been official activities. No teams/clubs are currently authorized to hold team activities typically covered under MiSCA's insurance.

When are team activities permitted to start?
Now. Team activities were not officially delayed this year; however, teams must comply with all state and local guidance.

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Is MiSCA providing testing or participating in the MI Safer Sports Testing Program?
No. MiSCA is not providing testing or organizing bulk testing sites at this time. It is possible that free tests are available through a child's school or select testing locations. Our understanding is that all tests should be made available at no cost (if you have insurance there should be no out-of-pocket cost and if you don't have insurance you can sign a form stating so).

What if I do not want my child to be tested? Can my child still participate?
Participants who do not follow the testing requirements will be unable to participate in organized sports practice and competition at this time.

If an individual has been fully vaccinated for COVID-19, do they still have to participate in the testing program?
No. Fully vaccinated persons are not subject to the sports testing requirements unless they have COVID-19-like symptoms.

Will there be races this fall?
Yes! The most-recent order lifted capacity limits for outdoor gatherings. Race registration opened for the full series for high school students on May 1st. Full series and individual race registration opens June 1st for all grades.

Will there be participation limits at the races?
Unfortunately, yes. Races will be limited to 650 participants. While we may not be required to limit participation due to COVID, we have seen explosive growth over the past few years and our race courses and venues can only support so many riders/families. This participation limit is much larger than the 325-375 we saw in 2020. We plan to move to 2-day races in 2022 to help reduce the issues of trail congestion and lack of parking.

Will races be mass start or time trial format?
We are planning the races to be primarily mass start format. We are working through several scenarios if full mass starts are not appropriate. Additionally, precautions like masks being worn during staging may be imposed to ensure mass start races are possible. The only race that is currently planned to be a time trial format is October 10 at Milford Trail.

What is your refund policy?
Normally, no refunds are available; however, families that are unable to comply with the guidelines put forth by the MDHHS are eligible for a full refund of their annual registration fee. Refunds for team fees are at the discretion of the head coach. Note: annual registration is required for students to be eligible to participate in races this fall, regardless of team affiliation or participation.

See additional FAQs from the MDHHS at the link below
https://www.michigan.gov/documents/coronavirus/MI_Safer_Sports_COVID_Testing_Program_Frequently_Asked_Questions_715802_7.pdf