

Cycling

2021 Season. Updated 06/15/2021





Return to Play 2021

- Practice Guidelines
- Competition and Recreation Outline



Cycling Season Timeline

- Practice and Recreation Rides
- August Event

Practice





Practice

Teams may gather following Massachusetts guidelines for COVID 19

- Please refer to the [Phase 4 Return to Play Document](#) for the most up-to-date gathering guidelines
 - Gathering allowances will be increased however Training and Competition organizers must work with **each facility operator** to confirm parameters of capacity and still must allow for all sanitizing and social distance guidance within facility.
- Although the Mask order has been relaxed for outdoor sports as of May 18, all SOMA activities **will remain operating with a Mask order at least through June 30, 2021** when athletes cannot social distance and for all indoor activities.
- Social distancing protocols must be followed at all times



Practice

- For the state of Massachusetts, spectators are now allowed at sporting events, however local and facility guidance must be adhered to at all times. If local and facility guidance equals that of the state, the Special Olympics MA guidance will be as follows:
 - **Practices:** Spectators must remain outside the playing area at all times and where a mask. If within the playing area, they must be screened and counted as part of the head count for that specific playing area.
- All athletes and coaches must wash and sanitize hands upon arrival, frequently during, and at conclusion of practice
- All equipment must be sanitized prior to start of, frequently during, and at end of practice
- All individuals attending practice must take a COVID 19 screening prior to start of practice, (*refer to return to play power point in [coaches resource section](#) of SOMA website*)

Competition





Competition

- August 21st at Marlborough Hills Complex Forest St, Marlborough
- Registration Deadline
 - August 4th
- Events Offered
 - 500M Time Trail
 - 1K Time Trail
 - 5K Road Race
 - 10K Road Race
 - 15K Road Race

Recreation





Recreation Rides

- Athletes can ride year-round (weather permitting)
- Incorporate the biking clubs with practices
 - Not all athletes need to train to compete.
Athletes can ride as training only

Questions?

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