

COVID-19 MITIGATION

We apologise in advance for the length of this document but current circumstances dictate that it's essential and necessary. Please find some time in advance of the event to sit down and read through it all to ensure that on the day we're effectively all "singing from the same hymn sheet".

In order to make our events as Covid secure as possible, we have had to make changes to the way we run things compared to pre-Covid in order to minimise the risk of transmission. We are following the strict rules and regulations as set by British Cycling. Most of these you will be familiar with as they are things that have become the new norm in everyday life such as face masks, social distancing and hand sanitising.

Whilst attending our events you are required to follow all the current government guidance on Covid at all times!

Face Masks

Whilst attending the event you are required to carry a face mask at ALL TIMES and wear it when requested to do so.

It is compulsory to wear your face masks at the following:

REGISTRATION – including when queuing

TOILETS – including queuing

FEED STATION/ WATER STATION – only required if you intend on stopping

DOWNLOAD – including when queuing

EMERGENCY – if you require collection and must travel in event staff vehicle.

Those who have a medical condition that prevents them from wearing a face mask will be exempt from the rules but they must inform the organisers by email in advance of the event.

Hygiene

We require you to carry your own personal hand sanitiser at ALL TIMES whilst attending the event. This will enable you to maintain good hygiene before, during and after the event. In addition we will have sanitiser stations at all the contact points before and after the event as well as at the feed station.

You will be required to sanitise your hands at the following:

REGISTRATION – before you enter the building

TOILETS

START

FEED STATION / WATER STATION

FINISH

DOWNLOAD – including your dibber (timing chip)

Please cover your mouth when coughing, sneezing etc and then wash or sanitise hands immediately.

NO SPITTING OR SNOT ROCKETING AT ANY TIME PLEASE!!

Social Distancing

You must maintain social distancing at ALL TIMES before, during and after the event. Please maintain a 2m gap at all times to all other participants and members of the general public. This includes travelling to and from the event.

SOCIAL DISTANCING RULES: <https://www.gov.uk/government/publications/how-to-stop-the-spread-of-coronavirus-covid-19/how-to-stop-the-spread-of-coronavirus-covid-19>

Pre-event Covid-19 Health Declaration

The day before the event you must perform a self-assessment for Covid by completing our Health Declaration form and bringing the signed form to registration. Alternatively there is an electronic form that can be completed online but this must be submitted before 3pm on the day before the event.

Links to both versions of the form will be supplied with the final information and on the website in the lead up to the event.

Failure to either bring a signed form to the event or submit the electronic form by 3pm on day before will result in a non-start.

COVID-19 SYMPTOMS:

A HIGH TEMPERATURE – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

A NEW, CONTINUOUS COUGH – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

A LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

IF YOU HAVE ANY OF THE ABOVE PLEASE STAY AT HOME AND SELF-ISOLATE AND GET A TEST AS SOON AS POSSIBLE.

By completing the form all event attendees will declare and agree to the following:

- I have not tested positive for COVID-19 in the past 14 days.
- I do not have, and have not had in the past 14 days, any symptoms relating to COVID-19.
- I have not been self-isolating because of “test and trace” advice and/or been in contact with a person showing any of the symptoms of COVID-19 in the past 14 days.
- I have read the [COVID-19 Health Assessment](#) and agree to risks associated with attending the event.
- I am aware that by attending this event that the organiser is required to keep my details securely stored for 21 days for track and trace requirements.
- There are no [local restrictions](#) preventing me from attending the event.

CONTACT TEST AND TRACE

By agreeing to attend the event i.e. by signing the COVID-19 Health Declaration form, you agree to have your contact information passed on to the relevant authorities if someone at the event is found to have had COVID-19 and you are known to have come in close contact with an infected person.

Whilst not compulsory we would recommend all attending the event to take a rapid lateral flow test before taking part. Anyone with a positive result **MUST NOT ATTEND** the event and follow government guidelines and stay at home and get a PCR test.

Travelling to the Event

You must adhere to all government Covid rules whilst travelling to the event. Please only car share with household members and those who are within a support bubble.

Turn Up Ready

You must turn up to the event as ready as possible – registration will be open for registering purposes only and all changing, attaching numbers etc must be done at your own car or away from the venue.

Toilets

When using and queuing for the toilets you are required to maintain social distancing, use hand sanitiser and wear a face mask.

Registration

In order to make sure there is steady stream of participants through registration please do not turn up more than 1 hour before your designated start time. That way the queue will be minimised and it will be easier for social distancing to be maintained.

Please ensure you plan your journey to the event so you can register and start on time.

SANITISE HANDS BEFORE ENTERING

FACE MASK REQUIRED

MAINTAIN SOCIAL DISTANCING – whilst queuing participants may queue in pairs but must maintain a 2m gap from the person in front.

ONE WAY SYSTEM – we will implement a one way system into and out of registration – please follow the signs.

NO HEALTH DECLARATION = NO RIDE

SELF STRAP TIMING CHIPS – this will help maintain social distancing and minimise contact between event staff and participants.

NO CONGREGATING – after registering participants must leave the building immediately and either make their way to the start (if it is time to do so) or return and wait in their car.

NO BELONGINGS TO BE LEFT AT REGISTRATION – participants are not allowed to leave any personal belongings at registration.

REGISTRATION PROCESS

At the registration event staff will provide you the following in a sealed plastic bag:

EVENT MAP

NUMBER BOARD AND ZIP TIES

SPORTident TIMING CHIP – you will be required to self-strap your Si Timing Cards (dibber) to your wrist and wear it for the duration of the event. A designated member of staff, wearing appropriate PPE, will be available for assistance if required but participants are urged to do it themselves.

Video Briefing

Rather than having a start line briefing we will now be recording a video briefing that will be available to watch online before the event. A transcript of the briefing will be available to read.

Last minute updates if required will be provided to the participants at the start line.

YOU WILL NOT BE ALLOWED TO START WITHOUT HAVING WATCHED/READ THE BRIEFING!

Rolling Starts

To help prevent congregation at the start we will be switching to rolling starts rather than having a series of group starts every 10 minutes.

You will now be able to start anytime you wish within 10 minutes of your prescribed start time i.e. a participant with an 8:30 start time can start anytime from 8:30 up until 8:40.

You may start individually or within a social group of a maximum of 4.

Please only turn up to the start when you are ready to go. If there is a queue please maintain social distancing and wear a mask.

NO START LINE BRIEFING

ARRIVE AT THE START READY TO RIDE – participants must only arrive at the start line at their allotted time and must arrive ready to go, with all the compulsory equipment.

WEAR A MASK AND MAINTAIN SOCIAL DISTANCING – if there is a queue please maintain social distancing and wear a mask.

SELF DIB TO START

NO NON PARTICIPANTS ALLOWED AT THE START – all non participating event attendees must stay away from the start area to minimise the number of people congregating at the start.

Using your Timing Chip/“Self Dib”

You will be required to “self-dib” in the following SPORTident timing boxes:

START

FINISH

DOWNLOAD

Pre-Covid we would have a marshal to do it for you however they will now only assist if you are having difficulty. Instructions on how to do this will be explained in the event video briefing.

Whilst On Course

SOCIALLY DISTANCE – you must maintain social distancing throughout. Please be extra cautious around members of the general public and ensure you maintain a 2m distance at all times

KEEP A GAP – no cycling directly behind one another (we recommend at least a 4m gap).

Feed Stations – Restricted food available

You must be as self sufficient for food and drink as possible and you are required to carry two full 750 ml water bottles from the start. As well as food supplies to sustain you for at least 4 hours.

The feed station will be situated slightly off the course and to enter the feed station zone you must wear a face mask and sanitise hands. You must enter the zone one at a time.

If you do need supplies you must be prepared to wait.

You may fill your own water bottles but no plastic cups will be provided. Place your water container on the table and it will be filled via a jug by the feed station marshal.

As a result of covid we can no longer provide unpackaged food, so we will not have trays of nibbles and biscuits. OTE will provide sealed gels and bars.

We urge all participants to be as self-sufficient as possible.

Finish

You must stop at the finish line and dib into SPORTident finish box which will be fixed to a table/stake. Failure to stop and dib will result in a non-finish.

After finishing you must sanitise hands and then head back to registration to download. You are not allowed to wait and congregate at the finish.

Sorry but no friends or family are currently allowed at the finish area.

Download

All participants must return to the event registration building to download their time, hand back their SPORTident timing chip and collect their certificate.

On entering the building or joining the queue you must wear a face mask, sanitise your hands and maintain social distancing.

When you reach the download table you must:

SANITISE DIBBER – sanitise dibber with the supplied paper towels and sanitiser.

SELF DIB – self dib into the download SPORTident box.

REMOVE DIBBER – remove the dibber using the provided safety scissors and place the dibber into the 'dibber return' plastic box and the used strap into the bin.

Rider Times

No rider times will be printed at the event but times will be up on the website within 24 hours of the event. At download all finishers will be informed of their timing award and you will self-collect your appropriate certificate.

No post event refreshments

Sadly we are currently unable to provide any of our usual post-event tea and cake. This is a real pity as it is something we have always provided and something we regard as being integral to our events. However we need to respect the rules and ensure we all do our part to see a safe return to events. You can be sure that the moment that this particular restriction is eased we will be bringing back the cake!

Leave as soon as possible

Once you have downloaded we ask you to leave the venue as soon as possible. Please do not congregate at download or the finish. If participants need to wait for friends/family to finish they must do so in their car or somewhere away from the venue.

The restrictions for Covid secure events will likely evolve over time so please make sure you re-read through all the relevant event information prior to attending any event to ensure you know are fully aware of what to expect.