Signing on instructions

Due to the CTT COVID Risk assessment and the current restrictions the HQ will not be manned as it normally would.

Sign on

* Arrive at HQ **CA12 5SZ** parking appropriately and curiously in the car park or on the field baring in mind social distancing requirements
* At the Sign on location Sanitise your hands ( or wear gloves provided)
* Using your own pen sign on and collect your race number **(PINS will not be provided)**
* Sanitise your hands and leave sign on area

PRE-Race

* Warm up should be socially distanced from other members
* Make sure your rear light is on and working (no light no race)
* Do not congregate at the start please arrive just before your start time
* Leave all items in your vehicle (the time keeper will not take anything)
* When called approach the start with one leg on the ground ready to go

Sign off

* At the Sign off location Sanitise your hands ( or wear gloves provided)
* Using your own pen sign off adding a note if you DNF
* Sanitise your hands and leave sign on/off area

Notes

* Please follow government guidance at all times your actions will have a effect on CTT and Velo Club Cumbria
* Porta loos will be provided and sanitizer/gloves will be made available however due to lack of hot running water your preference should be to use other facilities if possible.

Have a Fast and safe ride

Ken.