



## 1. Event HQ

Event HQ is a modern rugby club with toilets which you may use **but the changing facilities are not available, and please don't inconvenience others by changing in the toilets. FACE MASKS TO BE WORN INSIDE.** You will be required to maintain social distancing and observe hand-washing signs. **The car parking spaces adjacent to the building are reserved for CTT Officers.**

Please do not give the Rugby Club reason to regret hiring it to us. **No pets are allowed in the HQ grounds or building. Your earliest arrival time is one and one quarter hours before your start. Please endeavour not to arrive at HQ before this.** That might not be easy to organise, however, with the distance some of you will travel, we appreciate. If you arrive too early, you will be asked to stay in your vehicle. There will be no gatherings permitted in the carpark at less than the social distance. Turbo/trainer/roller warm-up is **permitted in the HQ car park only** and again provided social distance is maintained. Everyone must follow guidelines and instructions from officials, or they will not be permitted to race and will be reported to CTT.

## 2. Local Lockdown

To repeat: anyone who resides in or has an address within an affected area should not come to the event. The onus is on the rider to inform the organiser.

## 3. Sign-On and Sign-off

Sign-on for events is currently quite different to what we are used to. No handshakes, no hugging, no kissing and maintain social distance. There are some other restrictions in place. You will be expected to follow them. **Remember: no rear light = no ride!**

We always expect you to respect the social distancing rules and maintain the legislated distance in all directions. We are all in this together so please **respect the volunteer team** and their decisions. Riders not adhering to the restrictions in place will not be permitted to race and will be reported to CTT.

If you will not be starting, then please let us know by messaging Peter on 07774 782930 as much in advance as possible. This helps the timekeepers and marshals.

**No pens will be provided at sign-on so bring your own.** We need a 'wet' signature.

The numbers are new, have never been used and the person putting them out will have taken necessary sanitizing steps before and after laying them out. Regulation 16 shows where to place the body number so you can be readily identified (and safe!). With this being a National Championship, competitors will also be required to wear arm numbers, visible from the front/side. **NB Tops must have at least quarter sleeves (i.e. no tri-suits).**

**No safety pins will be provided, so if you need them, you will need to bring your own.**

**Riders who fail to sign out within a reasonable time will be recorded as DNF, as per Regulation 17.** Again, we need a 'wet' signature.

#### 4. Course Details

These are included in the start sheet which you will all receive. Please read them and be aware the onus of keeping to the course is on the rider. There will, however, be marshals and checkers at critical points. **Note that the Malmesbury - Kemble - Tetbury - Cirencester - Malmesbury loop is covered TWICE.** Please take the time to make yourself familiar with the course, the Risk Assessment and the on-the-day Risk Assessment.

#### 5. Race Protocol

Participants must maintain social distancing. **No gatherings in groups, no turbo trainer warm-up in the start area.** There are 12 waiting spaces marked out plus the rider waiting to race at the start line; **please only arrive at the start line a maximum of 12 minutes before your time.** You will not be permitted to wait if you arrive earlier. **Please note that no official at the start can take responsibility for any clothing left there.** You are required to not answer the call of nature in the start area or change in sight of any residents and are not to leave a vehicle in the start layby.

Please bring only the minimum number of family or “social bubble” members if they are going to be in an accompanying vehicle (see below): they will not be permitted to leave their car. The only exception to this is minors who can be accompanied by a guardian from within their own household or “social bubble”. They are, however, not permitted to enter the start area. Spectators are not permitted.

Riders are not permitted to warm up anywhere on the course (the B4042 road from Malmesbury to Royal Wootton Bassett Coped Hall RAB) other than riding from the HQ to the start area – **note that this is 6.6 miles so allow sufficient time.** There are other roads where it is possible to warm up. Please be mindful of riders when arriving at the HQ as the road from Royal Wootton Bassett Coped Hall RAB (the approach from M5/J16) to the HQ is part of the first section of the course as is the B4042 from Malmesbury.

**The timekeepers and officials will be wearing face coverings and will be checking that riders a) have their numbers attached correctly, b) have a working rear light, and c) comply with Regulation 19 (i.e. no ear devices other than hearing aids – we have the technology!). If any of these are not complied with, you will not be permitted to ride.** There will be no “pusher offer” and you will have to do a standing start on your own with one foot on the ground. Rolling starts, track stands and “jumping the gun” will not be permitted. Offenders will be disqualified.

**DRAFTING – SOCIAL DISTANCING: If you catch up with another rider during your race, try to pass as quickly as possible and under no circumstances ride close behind so as to take shelter from the wind.**

Make it easy for the finish timekeepers: when you cross the line shout your number as loud as you can. Do not approach them at any point even if you wish to report you are DNF.

Once you have finished you should return to the event HQ, sign out and then leave without congregating. **There will be no catering.** We realise this is not the norm and the social aspect of racing is a big part of the fun. However, we need to show we can follow these guidelines if we are to see time trials continue.

## 6. Race Results and Prize Presentation

**Race results will not be available at the event**, so please do not ask. We will collate the results and post them online ASAP on the CTT website and media channels. We will then email the participants using the address supplied in the usual manner. Neither will there be a prize presentation and award ceremony; prizes etc will be posted. This is to encourage prompt dispersal.

## 7. Refreshments

To ensure we comply with the government regulations, the CTT guidance and Covid-19 Risk Assessment, there will be **no catering** on offer by us.

## 8. Under 18s

Those under 18 on the day of the event will require a hard copy parental consent form. Numbers will not be issued to under-18s unless the form is presented – no number = no ride, unfortunately. The appropriate form is available on the CTT website <https://www.cyclingtimetrials.org.uk/documents/index/guardians>

## 9. Feeding arrangements

Unfortunately, because of the Covid-19 restrictions under which we will be operating, there will be **no** “bottle bank” feeding arrangement this year.

## 10. Accompanying vehicles

Regulation 22 covers the subject. The appropriate form is available on the CTT website <https://www.cyclingtimetrials.org.uk/documents/index/riders>. Riders associated with a vehicle which has not been registered will be liable to disqualification. Helpers must always maintain social distance from other riders’ helpers and are solely responsible for their own rider’s bottles and rubbish. The use of nitrile gloves is highly recommended.

## 11. Mechanical problems

Please be aware that the organisation will not be in position to rescue you in the event of a mechanical problem. We recommend you make your own back-up arrangements: take a mobile phone with you but do not use it while on the move (see Regulation 19). Please be advised to take with you a spare inner-tube/tubular, pump and tyre levers if required. The regulations specify you must ride a road-worthy machine!

## 12. Dope Control

This being a National Championship, it is entirely possible that we will be visited by UK Anti-Doping (UKAD). If you are required for testing, you will be informed by them. I do not know if they will appear. I may not know until the very last minute and I certainly could not divulge that information so please do not ask. Failure to take a test if selected is an automatic 4-year ban. CTT and BC have a reciprocal agreement of recognition.

### **13. Disciplinary matters**

As this is a National Championship, anyone sanctioned (other than being recorded DNF for failure to sign out) will be dealt with by the Board as laid out in the Rules.

### **14. Miscellaneous**

The nearest services on the M5 heading towards the HQ are Membury between J14 and J15 westbound and Leigh Delamere between J18 and J17 eastbound. Obviously for the journey back on the M4 in the reverse direction they are after J15 and J17, respectively.

### **15. Acknowledgements**

This event is being organised on behalf of Cycling Time Trials under their Rules and Regulations by West DC, WTTA and Team Tor 2000 – Kalas and their enormous help is very much appreciated but I'd like to highlight the tremendous effort of the course measurers Chris Lowe and Andy Cook with much help from Paul Winchcombe and input from Charles Zenetacci and many others.

This document is based on one from Newbury Velo (written by Glen Knight).

### **16. Summary**

In these unusual circumstances we find ourselves having to change the way we run events. The team has put a lot of work into making sure we are able to follow the government guidelines, the CTT guidance so that the risks to you, us and the general public of transmitting or catching Covid-19 are kept to an absolute minimum.

These restrictions are not here to make life difficult for you or the volunteer team, they are here for the above reasons but also to demonstrate that we can run these events within Government guidelines and legislation.

Please remember this is a National Championship **but no working rear light = no ride.**

**Have a safe ride.**

**Thank you for your support and understanding!**