



Welland Valley Cycling Club

## COVID-19. RUNNING TIME TRIALS UNDER SOCIAL DISTANCING GUIDELINES – 05/04/2021 (updated)

At all times during the Coronavirus pandemic WVCC has expressed its intention to follow Government and Governing body advice and will only return to club sanctioned activities when permitted to do so. Members must conform to any local lockdown restrictions.

The below guidance sets out how club TT's will take place whilst social distancing guidelines are required, and follows the COVID-19 Risk Assessment produced by the CTT. Existing RA's must be followed in all instances. The club accepts that it is not possible to eliminate all risks relating to the catching and spreading of the Coronavirus but has a duty of care to take reasonable steps to minimise those risks when organising events. In order for TT's to take place at Covid-19 Alert Level 2 & 3 members must accept that a number of significant changes are required to the way club time trials are run, and that the look and feel of events is likely to be very different. In general terms the club will seek a return to run events in line with the procedures in place pre-covid when permitted to do so, when Level 1 is reached.

### GENERAL

- 1) It is imperative that the safety of members, the reputation of the club and of cycling in general is not harmed by the club running events that fail to adhere to Government and CTT guidelines
- 2) Events must be seen only as an opportunity to compete and **NOT AN OPPORTUNITY TO SOCIALISE**
- 3) All participants will be expected to follow current government social distancing and hygiene guidance
- 4) Should it become evident that it is not possible to run events in line with the CTT Covid-19 RA, all future events will be cancelled
- 5) Time trials will resume at the earliest practicable opportunity when permitted, (after 29/03/2021)
- 6) Event sign on will primarily be managed by Sign up genius (SuG)
- 7) Payment of fees (£5 members, £6 non-members £3 U18) will be managed **on-the -day** utilising electronic card payment. No cash payments will be accepted. U18 will be required to Summit a CTT parental consent form electronically
- 8) HQ's will be fully utilised when permitted, before that time a meet point will be clearly identified. This is unlikely to be before 21/06/2021
- 9) Spectators will be discouraged and **MUST** not attend the start or sign on area

### RUNNING OF EVENTS

- 1) Persons who are 'shielding' and considered extremely clinically vulnerable should not participate in events
- 2) Persons who feel that they are at increased risk due to their age or medical condition should not participate in events and should feel no obligation to do so

- 3) Competitor sign on – This will be managed by Sign up Genius. Priority will be given to existing first claim club members. Tuesday events will open for entry at 7pm on Thu and Sunday events at 7pm on the Monday prior to the event. However, there should be some flexibility in this to ensure fairness to all members. The committee has placed no maximum number entrants. Events will close for entry 24 hours before start time. There will be no entry on the line and no opportunity to take slots from competitors who DNS. Places will not be transferrable. Once signed up for an event you will be expected to ride. The race organiser has authority to amend the start list if required
- 4) Race numbers will be issued at sign on and returned after the event. The club will **NOT** issue a 'Number for the Season' as with the 2020 season. Hot soapy water will be available to wash numbers clean upon return
- 5) Riders should come ready to race
- 6) Competitors must park with sufficient room to maintain social distancing and **MUST** not gather in groups in the car park. **This is not an opportunity to socialise**
- 7) To comply with CTT regulations competitors must physically sign the start sheet on the day. This will be prepared in advance by the race organiser. **Bring your own pen. Sign on will open 45mins before start**
- 8) Static warm ups (on Rollers /Turbos) will not be permitted. All warm-ups must be on the road
- 9) Marshals will be contacted during the week prior to the event and allocated a location and given sight of the current course risk assessment. Marshals will attend the outside meeting point/sign on area 30 minutes before start time where they will collect signs/flags/high visibility jackets as required. Marshals must make their presence known to the lead marshal/race organiser. Flags, signs and high visibility jacket are to be returned to the meeting point after the last rider has passed
- 10) Marshals should bring their own high visibility jackets should they have them. Time keepers and other race officials should retain their jackets to the end of the season. A lead Marshal will complete the 'On the day' risk assessment. In order to reduce any transmission of the virus through contact with signs and flags they should be washed down with hot soapy water before and after hand-over. Hand sanitiser should be utilised.
- 11) Marshals will be required to come in a vehicle and follow existing government guidance on vehicle sharing
- 12) Riders **MUST** not go to the start line any nearer than 3 minutes prior to their starting time and **MUST** always maintain a minimum of two meters distance from other competitors
- 13) There will be no pusher off. Competitors will start with one foot on the ground
- 14) Whenever possible the starter will be positioned inside a vehicle
- 15) Results will be published online as soon as possible post event. No times will be given at the event and competitors **MUST NOT** request them from the Time Keeper
- 16) Competitors should leave promptly and not loiter at the end of the event

## OTHER

- 1) Competitors **MUST** not attend the event if they are feeling unwell in ANY way
- 2) Competitors who have an elevated heart rate or an exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind and should DNS and go straight home (1 & 2 refunds will be given without question)
- 3) Members **MUST** not share lifts with other members who are not part of their household/bubble
- 4) One issue is the use of toilets. There are protocols that we hope to put in place for events from Naseby onwards (where possible). However toilets will **NOT BE AVAILABLE** at the Langtons TTs in

April. All members MUST be aware of the negative impact on the club if seen to be relieving themselves in full public sight and should expect to be disqualified from that & future events

- 5) Competitors must consider how they will get back to their vehicle/home should they have a mechanical issue during the event as social distancing guidelines restrict car sharing
- 6) Competitors who DNS or DNF MUST make the race organiser aware
- 7) Hand sanitiser, Hot soapy water and nitrile gloves will be available for use at 'sign on'
- 8) Competitors, marshals and officials should familiarise themselves with the CTT Covid-19 RA
- 9) No refreshments will be available
- 10) There is likely to be a lower tolerance to cancelling events due to poor weather conditions. Concluding the sign on procedure whilst maintaining social distancing in the open air will cause considerable difficulties in adverse weather conditions
- 11) 2020 CTT regulation changes require riders to have a working rear light **'No Light, No Ride'**
- 12) The club has made its best efforts to continue racing in a safe and sensible way. Members must accept that Government and CTT guidance are constantly evolving and further changes will be made to the running of events as required or as we progress
- 13) Members will need to monitor Facebook and the Website for updated instructions
- 14) *In addition to doing the right thing it is essential to be seen to be doing the right thing.* The committee has made considerable efforts to allow time trials to take place. Members must accept that changes to normal racing protocols are required and that there are no perfect solutions. Any behaviour that compromises the safety of participants or calls into question the integrity of the club will not be tolerated. This is likely to lead to the suspension of TT's whilst social distancing guidelines persist.

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Time Trial - Secretary