



# Norwich Amateur Bicycle Club

Open 10 mile time trial to be held on Saturday 12<sup>th</sup> September 2020

## COVID-19 Precautions

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms. An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- Ideally all warm-ups should be done on the road **unless adequate space can be found to safely carry out a static warm-up** and strict social distancing can be maintained.
- Competitors MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
- Competitors MUST NOT leave any personal items with the time keeper.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST **pack away and leave immediately upon completion of the race.**

- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.
- **There will be no pusher-off. A competitor MUST start with one foot on the ground.**
- Support will only be provided in an emergency situation e.g fall / collision, and the amount of assistance provided will be at the discretion of the marshals
- **At the headquarters: PLEASE BRING A FACE COVERING or you will not be allowed to enter the building to use the toilet facilities. There will be a limitation of numbers allowed in and out of the building at any one time and please use the hand sanitiser provided before entering the building**
- **Sign on will take place on the playing field where a gazebo will be in place for you to pick up your number and sign on. PLEASE BRING YOUR OWN PEN TO SIGN IN AND OUT and use the hand sanitiser provided before picking up your number**

**AFTER YOUR RACE – A BUCKET OF SOAPY WATER WILL BE PROVIDED FOR YOU TO PLACE YOUR NUMBER IN AND DON'T FORGET TO SIGN OUT !**