



2020 Team Tor 2000 | Kalas Hill-climb Race Manual

Promoted for and on behalf of Cycling Time Trials under its Rules and Regulations

Date: Saturday 17 October 2020 **HQ opens:** 13:00

Start: 14:00 **Course:** UH20

Race Organiser: Peter Rogers mobile 07774 782930

Timekeepers: Bridget and Ian Boon

Social Distancing Officers:
Team Tor 2000 members

First Aiders: TBA

HQ Location: Priddy Village Hall
Priddy
Somerset
BA5 3BE is closest
Sat Nav: 51.2567947, -2.683205 M5/J21 or J22 nearest

Distance from HQ to start location: 3.3 miles

IF YOU OR ANY OF YOUR HOUSEHOLD ARE NOT WELL OR ARE SHOWING SIGNS OF COVID-19 OR YOU LIVE IN A LOCAL LOCKDOWN AREA THEN PLEASE DO NOT COME TO THIS EVENT.

NOTE: THIS IS NOT A PUBLIC DOCUMENT. YOU HAVE BEEN SENT THIS BECAUSE YOU HAVE ENTERED THIS EVENT. PLEASE DO NOT SHARE THIS DOCUMENT

This event will be run under CTT's current Covid-19 Risk Assessment. **Please take time to read it** <https://www.cyclingtimetrials.org.uk/documents/index/covid-19>. Whilst there a few extra procedures outlined below, changes may be made based on events on the day. These will be communicated fully where appropriate. You are expected to heed the marshals.

This event is run under CTT Rules and Regulations which can be found in full here: <https://www.cyclingtimetrials.org.uk/articles/view/11>

The cover sheet, start list and other documents will only be available online on the CTT website.

1. Event HQ

Event HQ is a modern village hall with toilets which you may use **but no changing facilities are 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 officials.**

Please do not give the village hall reason to regret hiring it to us. **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 Lockdowns

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 and disposable; 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. The Risk Assessment and the on-the-day Risk Assessment will be at the HQ.

5. Race Protocol

Participants must maintain social distancing. **No gatherings in groups, no turbo trainer warm-up in the start area.** There are 6 waiting spaces marked out plus the rider waiting to race at the start line; **please only arrive at the start line a maximum of 6 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 area.

Please bring only the minimum number of family or “social bubble” members: 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 other than riding from the HQ to the start area – **note that this is 3.3 miles so allow sufficient time.** There are other roads where it is possible to warm up.

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.

Make it easy for the finish timekeepers: when you cross the line shout your number as loud as you can (if 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 directly 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/transferred. 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. Mechanical problems

The regulations specify you must ride a road-worthy machine!

10. Dope Control

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. Failure to take a test if selected is an automatic 4-year ban. CTT and BC have a reciprocal agreement of recognition.

11. 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 still run these events within Government guidelines and legislation.

Please remember **no working rear light = no ride; no spectators.**

Have a safe ride.

Thank you for your support and understanding!

