

## CTT Covid regulations

- **Competitors should not attend the event, if they feel ill in ANY way or if any 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.
- Please take time to read the latest Cycling Time Trials Covid guidance at <https://www.cyclingtimetrials.org.uk/documents/index/covid-19>
- Please adhere to **SOCIAL DISTANCING** at all times at the event, and please wear a **FACEMASK** at all times in the HQ area.
- Competitors MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
- Competitors MUST NOT get changed in the HQ area; competitors will need to arrive at the event **"DRESSED TO RACE"**.
- There are toilets at the HQ area, please adhere to social distancing, and hand hygiene.
- Unless the weather is bad, the unmanned signing on will be under the "Lincoln Whs" gazebo, outside the HQ. Please bring your own **PEN** to Sign On, and Out.
- We will be using disposable numbers, please bring your own **PINS** if you need them.
- There will be **no pusher-off**, you will have to start with one foot on the ground.
- **Do not arrive at the start, more than 5 minutes before your start time.**
- Competitors cannot leave personal items with the time keeper.
- There will be **NO RESULT BOARD, NO PRIZE PRESENTATION, and NO REFRESHMENTS** after the event.
- After they have ridden competitors MUST NOT loiter at the HQ / car park and MUST pack away and leave immediately upon completion of the race.
- The CTT 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.
- No support can be provided if a competitor suffers mechanical difficulties. The CTT strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.

## Race regulations

- Cycling Time Trials strongly advise the wearing of a hard-shell helmet that meets an internationally accepted safety standard.
- A **WORKING REAR LIGHT**, either flashing or constant, must be fitted to the machine in a position visible to following road users and is active while the machine is in use.
- All warm-ups should be done on the road, static trainers are not permitted in the car park.
- No warming up on the course once the event is in progress.
- The start should be approached without performing a U Turn!
- Watch your speed going down the hill to the finish, and ride within your ability.
- Call out your number, when finishing!
- Competitors must not stop at the finish, carry on riding till well clear of the finish, and when safe turn around, and ride straight back to the HQ.