



Welland Valley Cycling Club

## COVID-19. RUNNING TIME TRIALS UNDER SOCIAL DISTANCING GUIDELINES – 08/07/2020

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. A return to time trialing is permitted from 12/07/2020 with a lifting of CTT restrictions. 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.

### 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, with an extended calendar to account for the cancellation of events earlier in the season. The club will seek to minimise any lag between the CTT lifting of restrictions and the resumption of events, e.g. whilst marshals are appointed
- 6) The number of riders will be limited to 20 for the first event and will only be increased for subsequent events if practicable
- 7) Event sign on will primarily be managed by Sign up genius (SuG)
- 8) Payment of fees (£5) will be by BACS to the club account. 30-95-96 17673460 (u18 no charge). U18 will be required to Summit a CTT parental consent form
- 9) Each event is a stand-alone event with no awards to be competed for
- 10) No HQ's will be utilised
- 11) Spectators will be discouraged and **MUST** not attend the start or sign on area

## RUNNING OF EVENTS

- 1) Persons who are 'shielding' 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
  - i) **Test event** - This will be the initial time trial run under social distancing guidelines and the CTT Covid-19 RA. Should it become apparent that it is not feasible to run events under these conditions then no further events will be held. All learning opportunities will be used to help shape future events. Sign on for this event will open at 7am Thu 07/07/2020 and close 24 hours before the start time. The test event will be limited to 20 riders' places will be allocated on a '*first come first served basis.*' The £5 event fee will be paid straight away by direct payment to the club bank account 30-95-96 17673460 referenced with rider name.
  - ii) **Subsequent events** - Should the test event be deemed a success; the committee has given its approval for a number of additional events to be held. The events will initially be limited to 30 riders however police notifications have been submitted for 40 riders. 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. Should it become evident that events 'selling out' in 24hrs riders who competed in the previous event will be required to wait 24 hours after sign on has opened before putting their name down. Events will close for entry 24 hours before start time. Payment of fees (£5) (Junior, no charge) will be required at time of sign up by direct payment. 30-95-96 17673460

Competitors who are not successful in securing a starting slot **MUST** not attend. 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) Competitors will be issued with a number for the season. This will not necessarily reflect riders starting position and will need to be cross-referenced by the time keeper to give a race time. The number needs to be returned at the end of the season. Competitors must take note of their starting position before leaving home. Numbers must be returned at the competitors last event. (Competitors failing to return numbers will be charged £10). A start sheet will be circulated online and emailed to officials once sign on has closed
- 5) Riders should come ready to race
- 6) At events 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) Course Setting – A nominated person will be identified to put out warning signs and mark the course in line with existing RA. The same person will be responsible for recovering the signs. Sanitised high visibility jackets and flags will be left for marshals. Marshals should bring their own high visibility jackets should they have them. Jackets will be subject to a hot wash between use. Time keepers and other race officials should retain their jackets to the end of the season. The course setter will complete the 'On the day' risk assessment. It is noted that this task is onerous and should be shared around responsible

- persons on a 2-3 event basis. 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
- 10) Marshals will be contacted during the week prior to the event and allocated a location. Marshals should go direct to the location and be in position 20 minutes prior to start time. The race organiser & marshal must have contact before the start to ensure that they are in position. The flags signs and high visibility jacket will be left in position at the end of the event
  - 11) 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. Starts will be at 1-minute intervals
  - 12) There will be no pusher off. Competitors will start with one foot on the ground
  - 13) Whenever possible the starter will be positioned inside a vehicle
  - 14) 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
  - 15) 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) There will be no toilet facilities available, 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 begin 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 learn
- 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.

DAY	DATE	DISTANCE	START	COURSE No	START TIME	MEET	Start	Into
TUE	07-Jul	Evening 10m	NASEBY	NC16N/10	19:00	Car park Naseby VH	N'thants	L'eics
TUE	14-Jul	Evening 10m	NASEBY	NC16N/10	19:00	Car park Naseby VH	N'thants	L'eics
TUE	21-Jul	Evening 10m	NASEBY	NC16N/10	19:00	Car park Naseby VH	N'thants	L'eics
TUE	28-Jul	Evening 10m	LANGTON	ACC10/25	18:30	CP Church Langton VH	L'eics	N'thants
TUE	04-Aug	Evening 10m	LANGTON	ACC10/25	18:30	CP Church Langton VH	L'eics	N'thants
TUE	11-Aug	Evening 10m	LANGTON	ACC10/25	18:30	CP Church Langton VH	L'eics	N'thants
TUE	18-Aug	Evening 10m	LANGTON	ACC10/25	18:30	CP Church Langton VH	L'eics	N'thants
SUN	23-Aug	25m	BOSWORTH	NC16N/25	09:00	Dr Surgery Marsh Drive	L'eics	N'thants
SUN	06-Sep	10m	KIBWORTH	ACC 10/24	09:00	Lay-by A6	L'eics	N'thants
SUN	20-Sep	25m	BOSWORTH	NC16N/25	09:00	Dr Surgery Marsh Drive	L'eics	N'thants
SUN	04-Oct	Hardride 9.5	MEDBOURNE	ACC 9.5	10:00	Near Village Hall	L'eics	
SUN	18-Oct	Hardride 20m	MEDBOURNE	ACC20/1	10:00	Near Village Hall	L'eics	
SUN	25-Oct	Flying 5	HALLATON	ACC4.5/1	10:00	CP Church Langton VH	L'eics	
SAT	26-Dec	10m	KIBWORTH	ACC 10/24	10:00	Lay-by A6	L'eics	N'thants

Tim Smith

07592 762067

ttsec@wellandvalleycc.co.uk

Time Trial - Secretary