

## **MTC TT Competition**

Under the CTT risk assessment dated 16th June 2020, the following is advised, and this information will be updated as the Covid-19 situation and guidance available progresses to reflect the active requirements / recommendations at the time of the event. All participants must read the following and acknowledge this by ticking the box on the sign-in sheet provided on the day. Under the CTT issued e-mail dated 6<sup>th</sup> July 2020, Type B events are only allowed to take place from 13<sup>th</sup> July 2020 under strict conditions set out by the Government and CTT. This can change at any time, and will be updated accordingly as things progress, and further information from both the Government and CTT is made available.

1. Anyone considered 'clinically vulnerable' or shielding (and may have a Government issued letter stating this) should not take part at this time.
2. TT (Time Trial) event at present is restricted to Club Only.
3. Anyone showing any symptoms of Covid-19 is not to attend, and should not turn up on the day. This also applies if you have positively tested for Covid-19 at this time, or have been in recent contact with someone who has been confirmed as having Covid-19 at the time. If feeling ill on arrival, do not advance to the start line – notify volunteer on site and leave.
4. Anyone feeling ill during the event should drop out and return home, and notify one of the volunteers present or MTC committee member as soon as possible that same day.
5. Volunteers should be assigned beforehand. In order to assist with future and trace, volunteers should keep a list of all attendees (including volunteers), including anyone dropping out because of illness.
6. Competitors should cycle to the event ideally to avoid congestion as there is limited space at the start/finish area.
7. When passing another cyclist or road user, competitors should pass safely and maintain social distance.
8. In the event of punctures or other mechanical issues, sharing equipment or physical contact should be avoided.
9. Do not share food and drink.
10. Cyclists should carry hand sanitiser whilst on any club ride / event.
11. All the standard rules and guidelines still apply (helmets etc.), see MTC website for details.
12. Individuals will be invoiced each month by MTC, as already for Open Water Swims, "pay as you bike" for whatever sessions for TT / Hill Climb you may undertake based on attendance.
13. Warmups must be done behind the start line, appropriately socially distanced at all times – no static warm-up is allowed.
14. If race numbers are used, each participant will be issued their own for the entire season
15. Any equipment taken to the event will not be touched / stored by volunteers - anything left at either is left at the owners own risk.
16. All CTT regulations still apply (e.g. drafting is not permitted).
17. There will be no support during the race, competitors must carry their own spare inner tubes etc. as per normal rides.
18. It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the organiser on the day or one of the volunteers. Please telephone them if you fail to finish the event.
19. Rear lights are COMPULSORY as per CTT rules. Competitors will not be allowed to start if they do cannot demonstrate a functioning rear light on request beforehand.

Members should follow government guidelines and restrict social contact by not gathering in groups exceeding those numbers as provided by the UK Government and Sporting Bodies adhering to these documents and following published hygiene protocols. Also, when out exercising, please remain considerate to others.

At sign-in area:

- Sign-on as usual upon arrival at start point, but only come forward to sign-in when called – stay safely distanced and out of roadway during this wait.
- Sign-in now includes Covid-19 risk measures to which the participant signs up to – will be available to view on the day and beforehand (includes this document). This included that your data may be supplied as part of the Government track and trace scheme if so requested.
- Please adhere to, and maintain, the Government 1 metre + social distancing at all times
- Do not crowd the volunteers at sign in – please use alcohol gel before and after sign-in, please remember to bring a pen along to sign in with, NO pens will be available on the day – PP on your behalf with your consent at the time may need to be witnessed if you forget.
- Please promptly sign-in as directly and read / refer to any documentation provided at the time, including maps, disclaimers etc.
- Please find a space away from other attendees once signed on until called to begin.
- There will be no volunteers for bike push-off or capture, so please ensure that you are able to start / end the ride by yourself, starting with one foot on the floor.

Event end area:

- Once the ride has ended, please stay to the edge of the roadway (preferably out if space allows) to avoid traffic.
- Please remember to use hand gel afterwards and try to avoid touching any surfaces / objects
- Please remember to remain at least 1 metre + from any other attendee.
- Please look to leave the area as quickly as possible and safely, although remaining safely to cheer on / encourage others is allowed
- Once back home, remember to thoroughly wash hands to minimise any risks of contamination in line with UK Government Guidance

Please note - MTC will retain attendee records as required for 21 days after the event date. MTC will also utilise these records as part of the UK Government track and trace efforts, in the event that anyone attending that day becomes ill, so those in potential close contact can accordingly self-isolate or other.