

7 Oaks Tri Club Competitors Guidance for Interclub TT Events

Covid-19 risk assessment

- If you feel unwell in any way, do not attend. Especially if you or family members have any Covid-19 symptoms.
- If you have an elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind, and you should therefore DNS and leave immediately and not go to the start line
- Allow an absolute minimum of 2 metres social distancing from all others to include those walking past as well as those competing or marshalling
- Do not stop at the finish and do not loiter in the car park, leave as soon as possible. Results will be posted online as soon as possible after the event, do not ask for your time at the event
- The current CTT Covid-19 risk assessment and guidance docs can be found on the CTT Website via the links below, we recommend that you read them

<https://www.cyclingtimetrials.org.uk/documents/index/covid-19>

<https://www.cyclingtimetrials.org.uk/documents/download/7837>

Key things to remember

- Bring your own safety pins
- Bring your own pen for signing on
- When signing on, use next available line on sheet (no taking a later start time)
- Warm up on the road, do not bring a turbo or rollers
- Bike must be fitted with working front and rear lights
- Do not arrive at the start more than 5 minutes before your start time
- No pushing off (start with one foot on the ground)
- Do not leave anything with marshals or at the start or finish, they will not be looked after for you
- When you finish, place your number in the bin provided (remove pins first)
- There will be no mechanical support to riders- please make sure you have any tools or spares with you during the race

If you have any questions contact Duncan Cochrane or Val Place