



Border City Wheelers Cycling Club

Protocol for riding or officiating at Club Time Trials 2021

Following the CTT lifting the suspension of events, due to the COVID Pandemic, we are now able to hold our Open and Club events from 29th March 2021.

All events must conform to the measures resulting from the latest updated CTT COVID-19 Risk Assessment (updated 26/03/2021). The requirements for riding Open events should be explained in the details/start sheets for each event.

The following information outlines the measures required at present to conform to the CTT COVID Risk Assessment regarding Club time trials. These are in addition to the normal safety measures required.

Riders: entering and competing in a Club event:

- Entry is "on the line", (i.e. is on the day/evening of the event).
- The correct amount of cash is required for the fee, £5 (18 yrs & above), or £3 Juniors. It should be placed in the container provided.
- Riders will need to bring their own pens to sign on.
- Collect their number* when signing on. If you need safety pins to attach the number you will need to bring your own safety pins.
- Social distancing must be observed at all times, setting up the bike, signing on etc.
- Face covering should be used other than when in your car or riding your bike.
- Due to limited space for parking at some locations and the social distancing requirements we have decided to not allow the use rollers/turbo trainers for warming up for club events.
- Report to the start two or three minutes before your start time. Maintain a 2m gap between yourself and the other riders waiting to start.
- You will need to start with one foot on the ground.
- The Timekeepers with either be sat in a car or stood a safe distance away. The Timekeeper will give the start countdown using their fingers, i.e. 5, 4, 3, 2, 1, Go (with the hand swipe movement) and verbal where appropriate.
- Timekeepers should not be approached at the start or finish.
- Once you have finished you should return to your car, pack your bike and go home*.
- The result will be posted on the BCW website either later that evening or the following day. Any queries regarding the result should be address to Lee Foster. He will discuss the query with the Timekeeper/s and inform you of the outcome. The result will be amended accordingly, should that be necessary?

***Numbers:** We intend to use the paper type disposable numbers which should be retained by the rider and disposed of safely when they return home. If we unavoidably have to use the usual re-usable plastic numbers they should be returned to the signing on area and placed in the bucket provided before you go home.

Notes:

- “Competitors must not attend the event if they feel ill in ANY way or if the 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 (DNS) and leave immediately.
- Toilet facilities will not be available for the Club events.
- Riders are requested not to loiter/congregate in car parking areas or sign-on area etc.
- Spectators should NOT be encouraged to attend.
- Sanitiser gel should be available at the sign on area and should be used.
- A one-way system with 2m gaps should be marked at the sign-on area.
- A number of 2m gaps will be indicated before the start line.

Reminders to Riders:

Reinforcing the existing “Drafting Rule”: (re: Social Distancing):

“If you should catch another rider you should try to pass as quickly as possible and must not in any other circumstances ride close behind so that you take shelter from the wind. You must set your own pace and not use another rider as a pacemaker.

The onus is on avoiding company riding shall be on the rider overtaken.

Nor is it in order to ride alongside and even to ride a few metres behind for any appreciable distance. In the spirit of the sport, caught riders should not disturb the performance of the rider catching them by passing them, by repassing them and/or riding closely behind them, except when they can sustain that move. This is generally considered to mean that caught riders should allow a reasonable gap to develop of some 30 to 50 yards/metres”

“This far exceeds that of 2m guidance”

Rear Lights: The CTT rule that came into effect in 2020, requires that an illuminated red rear light (continuous or flashing) must be attached to the rear of the bike visible to other road users

Organiser/Chief Marshal on, or prior to, the day/evening.

Marshals should be briefed by an email or phone call in advance. A copy of this protocol can be attached to an email.

Check that any marshal in the high-risk category is alright to attend the event.

Inform them to use their own high viz garment if they have one. If not, one will be left with one of the signs at their marshaling position. After use returned to the sign for collection.

High viz provided must have been washed/clean and dry.

Marshals should report directly to their marshalling position and contact the organiser/chief Marshal once they are in position.

Once the event has finished they should return home. They should not go to the HQ.

Ideally, we do not want marshals in contact with anyone else other than with other marshals at the same location (while observing social distancing).

The person who places the signs should also collect them.

HQ (sign-on area) requirements:

- There will be no changing facility. Competitor should arrive dressed to race.
- Toilets will not be provided for the club events.
- A table should be set-up outside (it can be under cover) with the signing-on forms taped to the table, a container for the fee, the numbers and hand a sanitiser before and after sign-on. Cleaning hands with sanitizer sign on table.

- A bucket should be available for the return of the plastic reusable numbers if they are used.
- Pens and safety pins should not be provided.
- Apply a one-way system with 2m gaps marked at the sign-on area and 2m gaps marked prior to the start line.
- The sign -on area should not be directly manned
- Optional; nitrile disposable gloves are recommended for organiser/s.
- Ensure the results are forwarded to Kevin Crawley and the fees and signing on sheets to Mike Westmorland.

Timekeepers:

All their equipment should be clean. The use of nitrile disposable gloves is recommended.

A Pusher Off's/Stander-upper Marshal will not be provided.

Timekeepers need to be a safe distance from the competitors:

Start, 2m forward of the start line and 2m away from the road, or alternatively sat in a car with the window down.

Finish, a minimum of 2m from the passing riders.

Provide the start countdown using the fingers, i.e. 5, 4, 3, 2, 1, swipe the hand for "Go", also verbal if appropriate.

Discourage competitors from approaching them or receiving warm-up tops.

Provide the Chief Marshal with the result.

Joining or Renewing Membership on the Night:

To minimise risks joining on the night should not be necessary.

Membership Renewal:

We require membership renewal to be carried out before you intend to compete in an event, not at the event.

New People to the sport:

The status of all our club events has been changed to "Come and Try It".

The only change is that it allows people who have never done a time trial to turn up on the night and compete in one without the Chief Marshal having to get them to complete a temporary membership form etc.

The person will need to pay the entry fee (£5 or £3 junior), have a road worthy bike and a back light attached.

They can "try it out" for 3 BCW club TT's (within a reasonable time scale) and join the club if they wish to continue. Joining can be on-line or they can pick up a membership form at a club event and complete it at home/send it.

COVID Symptoms:

Any competitor or person officiating should not attend the event if they are, or suspect they are, suffering with the symptoms of COVID-19. Those officiating should make the organiser or a club official aware, with as much notice as possible, so that alternative arrangements can be made.

Review: The CTT will continually review the situation. We will amend this protocol in line with their recommendations.