



COVID-19 Guidelines

We will be implementing the following steps to make sure we conform to the current Government guidelines:

- ✓ All registration will be done online with only the race numbers and timing chips needing to be collected. We plan to use disposable timing chips so that no one has to collect these in from the cyclists as they return. We will have a time on Saturday 17 as well as on the morning of the ride for cyclists to collect their numbers and timing chips. We will also have the numbers on different tables, for example No. 1-20 on one table and No. 20 - 40 on another table etc. All tables will be 2m apart.
- ✓ On our booking form riders have to book a start time and these have been limited to 12 per 5-minute slot. We will therefore only set riders off in a maximum group of 6 with at least a 2-minute interval between each group of 6.
- ✓ The race briefing will be online and the most important points will be reiterated at the start line to each group of 6 as they wait for their departure time.
- ✓ Spectators will be reminded of the social distancing regulations and we will also have signs up.
- ✓ We will have our own volunteers at the feed stations and they will be reminding cyclists about the social distancing and making sure there are no more than 6 people at the feed station at any time. We will also have signs up saying the same thing. There will be no cups available at the feed stations and cyclists can only fill their own water bottles. We will be using either a dispensing container or a hose to fill the water bottles and only our volunteers will be able to turn on / off the water, so as to limit the number of people touching the taps.
- ✓ Sanitising stations will be positioned at the feed stations and around the start finish line for the riders and spectators.
- ✓ We will be asking all stalls attending on the day to be responsible for their own risk assessment and to send us a copy.