



East Grinstead CC Evening 10 promotions 2020 COVID-19 policy.

East Grinstead CC have decided to promote the remainder of their evening 10's programme as from and including the 14th July starting at 19.00.

Competitors are requested to adhere to the guidance set out by Cycling Time Trials (CTT) and their recommendations are such:

COVID19 CTT suggested wording:

- Competitors should not attend if they feel ill in ANY way or if 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 the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- All warm-ups should be done on the road. Static warm-ups are prohibited.
- Riders MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST pack away and leave immediately upon completion of the race.
- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.

In addition to this it has been decided that:

- Due to limited personnel, social distancing, especially when queuing to sign on and spaced car parking is to be self-administered.
- A table will be provided for numbers and signing on sheet. Please bring your own pen and if possible, pins.
- Payment should be exact amount in cash (currently £5) placed into a plastic bag or envelope and dropped into the box or tin provided.
- Do not assist anyone else to pin their number on (except a live-in partner)
- Ride to the start area with just enough time to ready yourself for starting. No queuing along the road and leave all items (jackets, bottles etc) at your car.
- You will be required to start with a 'foot down' i.e. No holding up and at a recommended distance ahead of the time keeper.
- After finishing, turn around when safe to do so and head straight back to the car park where you should unpin your number (by yourself) and drop the number into the bucket provided where it will be sanitized later.
- Do not loiter in the car park after the event in the normal way but go home as soon as you are ready.
- No results will be given out after the event but will be posted on the club website as soon as practically possible.

Further information is available on the CTT website all relevant documents are here: <https://cyclingtimetrials.org.uk/documents/index/covid-19>