

## Bournemouth Jubilee Wheelers Club Time Trials

Bournemouth Jubilee wheelers are now able resuming club time trial activity on P311 course by implementing the CTT COVID19 risk assessment and guideline. Riders should read the information very carefully as failure to comply with the regulations could result in disqualification from the event and being barred from further competing in the rest of the 2020 season.

All events are pre-booking only. Numbers are limited to 20 riders, and priority will be given to BJW members. Details on entry will follow on the club website and Facebook page in a similar fashion to last season. However, the deadline for entries will be midday, on the day of the event, no exceptions. Do not attend if you are not booked in.

**Competitors should not attend if they feel ill in ANY way, if family members have any COVID19 symptoms or if they have been told to self-isolate, for example through the Governments 'Track and Trace' system.**

**Tier 1 members of public - those with a PHE/NHS letter suggesting that they currently shield, may not attend.**

**Anyone within the government's defined "Clinically vulnerable people" group is strongly advised not to attend.**

### Before the event

Competitors must be 'ready to race' on arrival. Dressed, bike ready to go (other than installing wheels). No changing, pumping tyres, chain oiling etc allowed at HQ.

Do not bring non-competitors with you. Only exceptions to this is for riders under 18 may need to bring a parent or guardian with them, or if someone is unable to drive themselves. In these cases, the non-competitors must remain inside their own vehicle for the duration of the event.

Remember to bring a working rear light, as there will be no lights available to borrow. No light = No ride!

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 (Available at HQ). Please telephone the organiser if you have failed to finish the event.

### Arrival

Parking at Ringwood Furlong carpark. No Parking at EXPRO carpark. Leave at least 1 bay clear between cars. A carpark Marshall may direct you for parking, please follow instructions.

Other than for signing on, competitors must stay in their own vehicle, not socialising. If you ride to the event, other than for signing on, you must not be at the HQ area.

### Sign-on

One way system for sign on, with 2m spacing marked.

We are unable to look after/store any bags, clothing, water bottles etc at HQ. Competitors that ride to the event will need to make sure they have somewhere to store their items or not bring anything with them that they are unable to carry.

3 stage process with separate tables

1. Sanitise, read rider information & make payment – Before doing anything, hands must be sanitised using provided hand sanitiser. Rider information will be available at this point and payment of £5 made using, preferably contactless payment (card, phone, watch etc) or correct cash in a sealed envelope with your name written on it. No change given. If you require glasses to read, you may want to bring them.
2. Collect number and pen – Self-adhesive disposable numbers with individual sanitised pens. Each individually laid out on the table. Do not touch other numbers or pens, make sure you know your number
3. Sign pre-filled CTT form – Sign form, return your pen to tub of disinfectant, then return immediately to your vehicle or leave HQ.

#### Pre-race

Riders must stick their own numbers on. The self-adhesive numbers should be easy to attach to any garment. Make sure they are firmly attached in the correct position.

No turbos/rollers – Warm up on the road only, not carpark. If you have an abnormally elevated or fast rising HR during warmup you **must not race and instead leave immediately**. Warm up must be done on your own, no groups.

Start area will be limited to 4 competitors only. Riders must arrive at the start no earlier than 4 minutes before their start time. Spare set of numbers used to show last rider allowed at start. Please avoid large numbers riding in Wellworthy Way/Yeoman Road as much as possible, by not arriving too early.

#### Start

Start point marked by cone/chalk as well as distancing for waiting competitors. Waiting competitors will be on the pavement, not the road.

No pusher. Competitors must have 1 foot on the ground at start

Start timekeeper will stand 2m+ away from start point on grass bank

#### In race

All competitors to be aware of procedure for passing a caught rider. (Signage information at sign on)

Responsibility of caught rider to drop back 30 metres minimum asap

At finish line no stopping, proceed to HQ. No group riding.

#### HQ

Return to your own vehicle immediately upon returning to HQ

Do not form gatherings of any number even if 'social distancing' is observed

No refreshments will be available

Leave as soon as possible and avoid discussing the event/ socialising

#### After

If you wish to socialise with fellow competitors after the event, please relocate to a different open area on your way home, still observing 2 metre social distancing. No gatherings of any number are permitted at HQ

Results will be available ASAP online and NOT at the event