

Sydenham Wheelers Guidance for Interclub TT entrants during Covid-19 Pandemic

While government social distancing guidance applies to limit the spread of Covid-19, the CTT Covid Risk assessment¹ must be followed. Additional 'user friendly' guidance can be found in their document, "Putting on a Cycling Time Trials Event during COVID-19"².

In order to follow this risk assessment and guidance, the following **new** rules will be in effect for interclub events organised by Sydenham Wheelers:

1. If you have been advised to shield, **do not attend the event**.
2. Maintain at least 2m social distancing from anyone outside your household at all times.
3. **Bring your own pen to sign on and safety pins- these will not be provided!**
4. If you feel unwell in any way, **do not attend the event**. If you have an abnormally high or quick to respond heart rate while warming up, inform the start timekeeper that you will be DNS and leave the event.
5. Warm up on the road only- no turbo trainers or rollers allowed.
6. Please arrive to the start a maximum of 5 minutes before your start time. We will make extra effort to ensure the event starts exactly on GPS time to help you. We cannot look after any items for you at the start- sorry!
7. At the start you must start with one foot on the ground- no one will be able to push you off.
8. Once you have finished the event, please put your number in the bin bag at the HQ (remember to take your pins) and please go home. Results will not be given at the event- the provisional results will be photographed and sent to all clubs ASAP after the race instead.
9. We cannot provide mechanical support to riders- please make sure you have any tools or spares with you during the race.

In addition to these new rules, please remember that you must start with a **working front and rear light!**

You do not have to pay on the day - payment will be settled afterwards between the three clubs.

David Twin
Sydenham Wheelers Secretary

- 1 <https://www.cyclingtimetrials.org.uk/documents/download/7836>
- 2 <https://www.cyclingtimetrials.org.uk/documents/download/7837>