

Participants checklist and guidance

- ☐ Pen
- ☐ Means of contactless payment
- ☐ Face mask
- ☐ Rear light (mandatory)
- ☐ Front light (advisory)
- ☐ Safety pins (to attach race number)

- Maintain 2m social distancing at all times
- Sign-on using own pen and wearing face covering
- No cash will be accepted
- No rear light – no ride
- Do not congregate at the start – get to the start no more than 5 minutes before your start time
- At the finish, ride directly to your vehicle (or home)
- Do not approach the timekeeper – results will be posted online only
- Post race; place race number in bowl containing cleaning solution

Timekeepers checklist and guidance

- ☐ Pen
 - ☐ Clipboard
 - ☐ Results sheet
 - ☐ Face mask
 - ☐ Stopwatches (2 off Casio)
 - ☐ Hi-vis tabard
 - ☐ Chair
- Maintain 2m social distancing at all times
 - Wear hi-vis tabard
 - Collect sign-on sheet from sign-on table
 - Check for rear light at start (no light – no ride)
 - Do not provide results to any participants at the finish

Organisers checklist and guidance

- ☐ Race numbers (1-40)
 - ☐ SumUp contactless card reader
 - ☐ Clean hi-vis tabards (3 off)
 - ☐ Sign-on sheet
 - ☐ Triangular warning signs (8 off)
 - ☐ Rectangular warning signs (6 off)
 - ☐ Checker board finish sign
 - ☐ Cleaning wipes (alcohol)
 - ☐ Hand cleaning gel
 - ☐ Washing-up bowl
 - ☐ Water (for cleaning)
 - ☐ Washing-up liquid
 - ☐ Disposal gloves
 - ☐ Sign-on table
- Maintain 2m social distancing at all times
 - Wear face mask as appropriate
 - Wear disposal gloves when handling race equipment
 - Place warning signs per course RA
 - Set-up sign-on table with sign-on sheet, race numbers and hand cleaning gel
 - Use card reader for contactless payments
 - Set-up number cleaning bowl near the finish with water and detergent
 - Marshalls wearing hi-vis tabards to be positioned for race duration as designation in course RA
 - Post race: thoroughly clean race numbers, warning signs (using alcohol cleaning wipes) and sign-on table
 - Collect results from timekeeper
 - Publish results online