

CTT Covid regulations

- Competitors should not attend the event, if they feel ill in ANY way or if any 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.
- Please take time to read the latest Cycling Time Trials Covid guidance at <https://www.cyclingtimetrials.org.uk/documents/index/covid-19>
- Please adhere to SOCIAL DISTANCING at all times at the event, and please wear a FACEMASK at all times in the HQ area.
- Competitors MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
- Competitors MUST NOT get changed in the HQ area; competitors will need to arrive at the event "DRESSED TO RACE".
- There are toilets at the HQ area, please adhere to social distancing, and hand hygiene.
- Signing on will be inside the HQ. Please bring your own PEN to Sign On, and Out.
- There will be no pusher-off, you will have to start with one foot on the ground.
- Do not arrive at the start, more than 5 minutes before your start time.
- Competitors cannot leave personal items with the time keeper.
- Dependant on the weather provisional results may be available outside the hall, but social distancing must be observed.
- There will be NO RESULT BOARD as such. NO PRIZE PRESENTATION, and NO REFRESHMENTS after the event.
- After they have ridden competitors SHOULD NOT loiter at the HQ.

Race regulations

- The CTT 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.
- No support can be provided if a competitor suffers mechanical difficulties. The CTT strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- Cycling Time Trials strongly advise the wearing of a hard-shell helmet that meets an internationally accepted safety standard.
- **A WORKING REAR LIGHT**, either flashing or constant, must be fitted to the machine in a position visible to following road users and is active while the machine is in use.
- No warming up on the course once the event is in progress.
- The start should be approached without performing a U Turn!
- Competitors must not stop at the finish, carry on riding till well clear of the finish and ride straight back to the HQ.