

WP Criterium Cup Series

CAPE METROPOLE CYCLING ASSOCIATION

Referred hereunder as Western Province Cycling Association or WPCA



Event Management Plan

1. Details of the Events:

Race 1: Asla Park

Date: 3 April 2022
Time: 14h00 to 17h00
Venue: Asla Park, Somerset West

Race 2: PaardenEiland

Date: 10 April 2022
Time: 14h30 to 17h00
Venue: PaardenEiland Road, PaardenEiland

Race 3: Century City

Date: 23 April 2022
Time: 14h00 to 17h00
Venue: Century City Hotel and Conference Centre

2. Race Personnel:

Race Director	Graham Ward	083-666-1551
Race Organiser:	Sue Kirk	083-578-9375
Timing:	Christhonie Geldenhuys	082-671-4099
Safety Officer:	Mark Syce	083-318-9379
Co-ordinator:	Jacques Bredenkamp	061-153-0051
COVID Officer:	Megan Burns	084-548-2535
Media / Photographer	Theo Bruwer	082-898-4975
Medics	Tygess (Joseph)	086-122-3344

3. General Provisions:

The Criterium Cup series will take place from 3 to 23 April 2022. These races will conform to the regulations currently in place to address the COVID-19 pandemic, as promulgated by the South African Government and as updated from time to time.

This race also conforms to the Road Racing Regulations of the Union Cycliste Internationale (UCI) and Cycling South Africa, except where herein provided.

Racing format may also be modified at the discretion of the chief commissaire should this be necessary.

4. Entries and Registration:

- Online entries will open for these races from 21 March 2022 onwards.
- Race entries will only be for participants from Under 15 level and upwards.
- There will be NO entries on the day.
- Only cyclists with valid CSA memberships will be allowed to enter the race.
- Day licenses will be available at the new cost of R50 each.
- Rider licenses will be verified before the time so there is no need to present them at registration
- Riders are not considered registered until all administrative requirements have been fulfilled and entry fee has been paid in full.

5. Race Categorisation and Distances:

Categories and distances listed below:

- Elite and U/19 men – 50 minutes plus 1 lap
- Veterans and Masters – 40 minutes plus 1 lap
- Under 17 & Under 19 Development – 30 minutes plus 1 lap
- Ladies race. This will include the U/19 ladies – 30 minutes plus 1 lap

All participants are to enter the age category as stated on their CSA license. Anyone taking out a day license will be required to supply their ID number so we can determine their age category.

Any Under 19's requiring a day license will automatically ride in the Under 19 Development start group.

6. Commencement of Races:

Racing at Asla Park and Century City will commence at 14h00. The proposed starting line up as follows:

- 14h00 – Under 17 and 19 Dev – 30 minutes plus 1 lap
- 14h40 – Ladies – 30 minutes plus 1 lap
- 15h20 – Vets and Masters – 40 minutes plus 1 lap
- 16h10 – Elites and Under 19's – 50 minutes plus 1 lap
- These times may change somewhat depending on the number of entries.

Racing at PaardenEiland will commence at 14h30. The proposed starting line up as follows:

- 14h30 – Under 15 Under 17 and 19 Dev – 30 minutes plus 1 lap
- 15h10 – Ladies – 30 minutes plus 1 lap
- 15h50 – Vets and Masters – 40 minutes plus 1 lap
- 16h40 – Elites and Under 19's – 50 minutes plus 1 lap
- These times may change somewhat depending on the number of entries.

7. Series Specific Rules:

The following rules will apply to all 3 races in the Criterium Cup series:

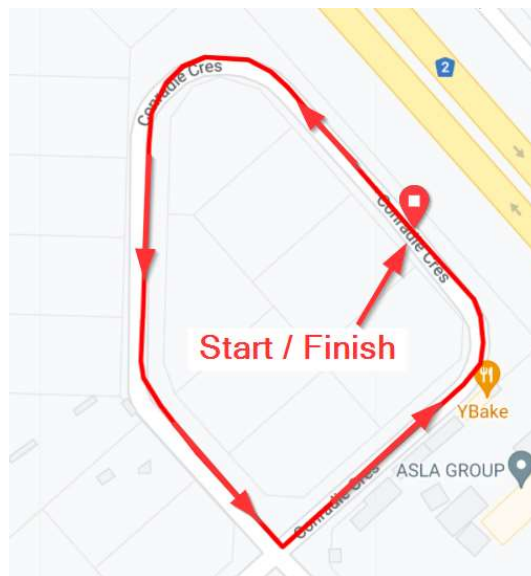
- The last lap will be signaled by the ringing of a bell
- Mechanicals to be repaired at the designated pit area in the presence of a race Commissaire
- Commissaires may inspect bicycles before the race and during a mechanical to determine if the mechanical is recognized or not
- 1 lap of grace allowed for a course longer than 1km
- 2 laps of grace allowed for a course shorter than 1km
- Definition of a mechanical:
 - Recognised mechanical due to breakage/crash/puncture
 - Unrecognised mechanical due to lack of maintenance of the bike
- Neutralised:
 - Race to be neutralised by official vehicle at a controlled pace for safety reasons until course is cleared and safe to continue.
 - Restart – announcer to announce time left / laps left. Riders may not draft or attempt to draft official vehicle until it has pulled clear.
- Stoppage:
 - Race to be stopped if crash occurs and injured riders require medical assistance.
 - Injured riders / riders with damaged helmet may not continue without the consent of the event medical officer.
 - Restart – announcer to announce time left to race / laps left. The restart will be from the start / finish line
- Lapped Riders to be removed from the race

8. Route Plans and Marshal Points:

This section describes the route plan for each of the Criterium Races. It describes the proposed route to be followed, identify each intersection, as well as the risk areas and mitigation plans.

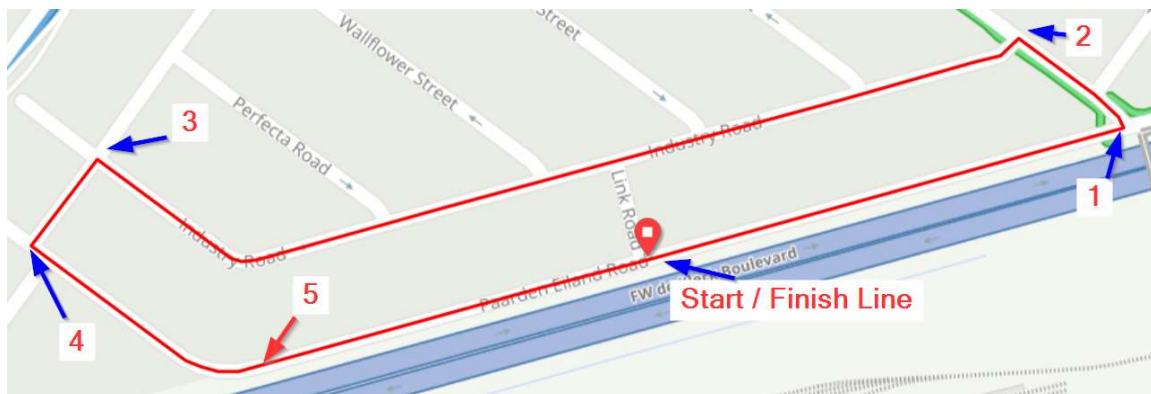
Route 1 – Asla Park:

The race starts on the side of the course nearest to the N2. Cyclists follow the circular route around a 500m circuit. The entire circuit can be seen at all times from the central open ground.



Route 2 – PaardenEiland:

The race route starts at the side of the road in PaardenEiland Road. At intersection 1, the cyclists turn left into Neptune Road. At intersection 2 we turn left again into Industry Road. At intersection 3, left again into Carlisle Road and a final left back into PaardenEiland Road and follow this round to the start / finish point.

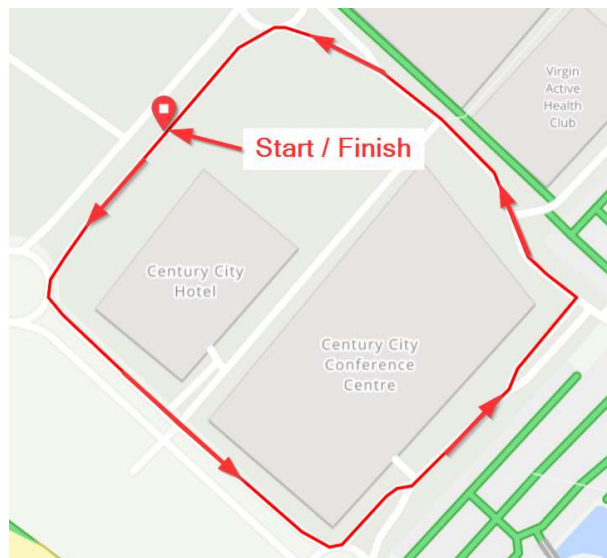


All the numbered intersections will have 2 marshals each to perform traffic control if necessary. As this is on a Sunday afternoon, we foresee very little traffic in the area as it's an industrial site.

The Start / Finish line is typically at the side of the road at the intersection with Link Road. The sidewalk here is extremely generous which gives us more than enough space for our timing equipment.

Route 3 – Century City:

This route takes a circular route around the Century City Hotel and Conference Centre.



9. Points Allocation:

The following points will be awarded to participants in each race:

Position	Points	Position	Points
1	50	11	24
2	45	12	22
3	40	13	20
4	38	14	18
5	36	15	16
6	34	16	14
7	32	17	12
8	30	18	10
9	28	19	8
10	26	20	6

All other finishers will score 4 points

Riders who were lapped and asked to exit the race will be awarded 2 points.

Riders who DNF'd will not be awarded points.

The rider with the most number of points accumulated over the 3 events will be declared the winner of the overall series.

10. Other:

- In line with the COVID regulations, there will be limited spectators allowed at the event.
- We have striven, through manipulation of registration and start times, distancing of competitor parking and segregation thereof, to try and maintain the minimum requirement of 16 sq.m per person throughout the registration and race commencement process.
- We will be employing people on the start line to ensure that competitors keep a safe distance away from each other.
- Race results will be made available online within 24 hours of the completion of the race.
- Each race will have 3 places awarded to them at a podium ceremony after the race.

Annexure A

criterium Rules and Regulations

Definitions:

WPC	– Western Province Cycling
Myriad	- Myriad Events
CSA	– Cycling South Africa
UCI	– International Cycling Union
Criterium	– Road Race run on a circuit closed to any traffic
Commissaire	– Cycling Official

General:

These are the rules and regulations governing the WP Criterium Series over 3 events as per the Dates and Venues below :

Sunday 3rd April – ASLA Somerset West

Sunday 10th April – Paarden Eiland

Saturday 23rd April – Century City

Categories:

- Youth - age and gear restrictions to be adhered to
- Veterans / Masters open – as per CSA license
- Ladies open
- Mens Elite / u19 – as per CSA license

General Regulations:

WPC is the statutory body overseeing cycling in the City of Cape Town Metropolitan District and thus responsible for cycling regulations for all licensed cyclists at Regional events.

Statutory requirements:

Events hosted by WPC and organized by Myriad must comply with the CSA Rules and

regulations and the most recent updated Road Cycling handbook. Events presented by organisers must comply with the *Safety at Sports and Recreation*

Rider safety:

- Riders must wear a helmet at all times while on a bicycle.
- No sleeveless shirts are allowed.
- A rider must start the race with a filled water bottle attached to their bike .
- No cameras are allowed on the rider's chest, helmet or any part of their body.
- Riders are not allowed to have any devices plugged into their ears. This includes I-pods, MP3 players, Walkmans, cell phones or any other mobile or audio devices.
- Riders with bona fide impaired hearing who have to rely on hearing aids must get approval from the organiser and Commissaire prior to the event.
- Inflatable arches crossing the course are prohibited unless they are secured in such a way that they will not endanger the riders or affect racing in case they deflate for whatever reason.
- The Team Managers' meeting must be attended by all Team Managers.

Public safety:

An event safety plan must be compiled and comprise of:

- Nearest Police station details
- Nearest Hospital details
- Emergency plan
- Contact details of the organiser, safety officer, Commissaire and company providing medical services
- Proof of event insurance

Equipment:

- The bicycle shall have two wheels of equal diameter, the front wheel steerable, the rear wheel driven through a system comprising pedals and a chain.
- The weight of the bicycle cannot be less than 6.8 kilograms. (Excluding any removable items like water bottles, repair kits etc...)
- Triathlon or Time-trial bars are forbidden.
- No mountain bikes or fixed cog single-speeds can be used.
- Riders must complete the race with the same bicycle frame they started with. Only wheel changes are allowed, depending on the rules and conditions for the specific event.
- The maximum gear ratios as prescribed by UCI and CSA must be adhered to by the different age categories in the case of Youth Cycling events.
- The procedure to be used by event organisers for implementing the gear roll out for youth riders must be clearly advertised prior to the event.
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Event formats:

The Criterium is a road race, run on a circuit closed to traffic and is run according to one of the following methods:

Classification at the finish of the last lap.

Classification may be on the basis of the number of laps covered and/or the number of points obtained during intermediate sprints.

The event format must be formalised prior to the start of the event and all riders must be aware of the event format.

Rider Clothing, Dress Code and Podium Protocol:

- All clubs and teams are encouraged to wear their club / team cycling kit.
- The wearing of sleeveless jerseys is expressly forbidden.
- If series event jerseys are awarded, then Category leaders must wear their leader jerseys when competing. Leader jerseys are to be worn during the relevant series events only. Riders cannot wear the leader or winner jerseys of the previous year, nor are they allowed to wear a leader or winner's jersey from any other event or series.
- Individual riders who qualify for prizes, trophies, leader jerseys or titles must attend the prize giving.
- If for any reason (justified or unjustified) the rider cannot attend the prize giving, the rider or team manager should notify the organisers before prize giving commences.
- Failing to attend the prize giving without notifying the officials could result in penalties.
- Riders who are called up onto the podium shall be dressed in their club / team cycling
- No sleeveless or cropped tops will be permitted on the podium.
- No headgear or sunglasses are allowed during the official podium ceremony
- Only closed shoes may be worn on the podium (no sandals and "slipslops").
- Following the Category prize giving, the Series leaders/winners are required to put the jerseys on properly (take off other shirts) for a group photograph of the Category leaders/winners photograph.
- Cycling helmets: riders not wearing their cycling helmets, with the retention straps properly fastened, at any time during the event will be disciplined or even disqualified. Only hard-shell cycling helmets complying with recognized standards will be acceptable.
- The order of priority for the various jerseys are:
 - Series Leader jersey
 - Africa Continental jersey
 - CSA National jersey
 - Club / Team jersey

Sponsorships:

WPC is under no obligation to honour rider sponsorships.
No sponsorship apparel to be worn in the events or on the podium.

Medical Services and Ambulances:

The race and official training can only commence if the medical personnel and an ambulance are present at the venue.

Commissaires and Marshals:

Only CSA trained Commissaires or CSA Commissaires will be used to officiate as a Chief, Finish or Start Commissaire or do duty at the Feed/Technical zones.

Team Managers:

Every club and team must endeavour to have an appointed Team Manager
Team Managers will attend the Team Managers' meeting.

criterium Events Format:

Course length:

A criterium Course can vary from 400m to 10km. (UCI) It is recommended that courses be no longer than 5km.

Any rider or group of 20 riders or less, who drop behind and are lapped by the leaders shall be eliminated and must leave the race. If the group of riders consist of more than 20 riders, the Commissaires panel shall decide whether those riders may continue or be eliminated.

In the case of a recognized mishap, **as defined in the provisions governing track races** (UCI rule 3.2.021), riders may be entitled to a neutralization of one or two laps to be determined by the Chief Commissaire, according to the length of the circuit. After the neutralization, the riders shall resume the race on the Commissaire's instruction.

Classification shall be as follows:

Criterium with NO Intermediate sprints:

The winner shall be the rider who covered the greatest number of laps.
In case of a tie on laps, the placing in the final sprint shall decide the finishing order.

Criterion with Intermediate sprints:

The winner shall be the rider with the greatest number of points.

In case of a tie on points, the number of wins during the intermediate sprints shall decide.

If the riders are still tied, the placing in the final sprint shall decide.

Points will be allocated in accordance to Appendix 2 and 3.

A rider shall be deemed to have gained a lap when he/she catches up with the tail of the main bunch.

The race format to be used in a series must be determined prior to the start of the first race in the series and may not be changed during the series, as this will affect the points allocated.

Course and marking:




The course must be wholly rideable and safe to negotiate with a Road bike.

The minimum width of the course at the sprint points must be 6 meters. The remainder of the course may not be less than 4 meters wide.

Riders must start in a single group.

Any dangerous obstacles on the course must be clearly marked and where possible cordoned off using Traffic-cones or Barrier-Tape.

The following route markers can be used.

		
Straight Ahead	Right Turn	Left Turn

Race Numbers:

Race numbers must be affixed on the back of the rider's jersey, in the centre of the back on the lower half. Frame numbers must be fitted below the saddle at the back of the frame. All numbers must be always clearly visible.

In the case that the organizers use a chip type timing system, instructions should be followed closely on how and where to fit these devices. No devices should interfere with the cyclist's ability to control his bicycle.

Official – Route Reconnaissance:

It is recommended that riders complete at least 1 to 2 laps of the course prior to the start of

the event to familiarize themselves with the course.

Official training can only take place with medical personnel and an ambulance present.

8.9.3 All race numbers must be affixed during official training.

8.9.4. Unofficial route recon is not allowed.

The Start area:

There must be a start line crossing the course.

Start banners are optional.

The Start Area must be at least 6 m wide for at least 30 m before and 100 m after the start line.

The Start Chute must be clearly barricaded.

No seconds or Team Managers are allowed in the starting chute at any time.

The race will start by means of a whistle.

Once the riders are loaded into the Start Chute they fall under the control and jurisdiction of the Start Commissaire.

Once a rider has crossed the start line they are deemed to be officially racing.

Riders must load from the back of the designated loading and start chute. Climbing over fences or tapes is not permitted.

Starting procedure:

15 Minutes to start: the Commissaire will call the riders to take their positions.

10 Minutes to start: riders will be loaded.

5 Minutes to start: the Commissaire will do the race briefing.

All riders are to have at least one foot on the ground when the 3-minute warning is given.

The start is given by the Start Commissaire using the following timelines:

3-minute warning

2-minute warning

1-minute warning

30 second warning

15 second warning, with the start signal to be given anytime within the final 15 seconds.

Any rider who arrives late for their start must line up at the back of the start group.

The Finish Area:

The finish line shall be clearly marked.

It is recommended that a finish banner be installed at the finish line.

The Finish Area must be at least 6 m wide for at least 50 m before the finish line and at least 20 m after the finish line.

The finish occurs at the instant that the tyre of the front wheel meets the vertical plane rising from the starting edge of the finishing line. To this end, the verdict of the photo-finish shall be final.

A rider may cross the finish line on foot, provided that he/she has their bicycle with them.

The Race:

Riders who are racing for podium positions and series points, must complete the entire distance of the race.

The responsibility for following the official and correct route lies with the rider.

A rider is not permitted to take any shortcuts, omit a circuit or take advantage of a similar nature against opponents.

A rider is not permitted to leave the course for any reason, other than the predefined Technical issues, and then only at the designated areas. The rider must then re-join the course at the same point on the instruction of the Commissaire.

Any walking, running or riding which is carried out by a rider without the intention of directly re-joining the course, or activity in breach of the regulations which takes place outside of the marked course area, will result in disqualification.

A rider may only receive technical assistance at specific designated areas along the course and only under supervision of a Commissaire.

Riders may not use offensive or abusive language during the race, act in an un-sporting manner, be disrespectful to the officials or ignore the race regulations.

Technical Assistance and Feed Zone:

Technical assistance and feeding during a race is permitted subject to the following conditions:

Authorised technical assistance can only take place if a predefined mishap took place in accordance with cycling rules.

Complete bike changes are not permitted and the rider must cross the finish line with the same handlebar / frame number board he / she started with.

Technical assistance may only be rendered in the designated Feed/Technical assistance zones.

Assistance from anybody else will be deemed outside assistance and is not permitted.

During feeding, no physical contact between feeders and riders is allowed as this is considered to be illegal technical assistance.

A feeder is not permitted to place water bottles on the bike, and/or place food and water bottles in the rider's pockets. Doing so is considered illegal technical assistance. All food and bottles must be handed to the rider, only by the stand-and-hand method.

No rider may turn back on the course to reach a Feed/Technical assistance zone. A rider must follow the course until the next Feed/Technical zone before receiving feed or technical assistance.

Feeders are not permitted to run beside their riders in the feed zone. Only the stand-and-hand method is permitted.

If water bottles are to be discarded by riders in the feed zone, this must be done in a safe manner. Tossing or throwing water bottles at any time is forbidden.

Outside feeding is considered illegal technical assistance.

Seeding:

Seeding may be carried through from one year to another, so for example an Elite rider's results from the previous year must be used for seeding in the first event of the following

year.

Inexperienced or unfit riders are encouraged to start at the back.

For start groups consisting of 50 riders or more it is recommended that the top 25 be seeded, otherwise only the top 10 must be seeded.

If the course is less than 950m long, it is recommended to divide the riders into groups of not more than 50 per heat. Obviously if there are heats, there should be a final as well, to determine the actual winner for that category. The number of riders progressing to the final will be determined by the number of heats so as to not exceed the maximum of 50 riders on the course.

Once the winner in a particular race category is in, the course will be closed for that category. Riders will however retain their positions when lapped – marked [LPD] - and may earn points and medals accordingly.

Riders who pull out of the race before the winner is in will be deemed non-finishers – marked DNF [did not finish] and will not earn any points.

Results & logs:

A rider log must be maintained.

If two riders score equal points in the same category at the end of the series, their positions in the last event of the series will determine the winner.

All the points of the riders from a particular club/team are added together to make up the league.

Should two clubs/teams accrue the same number of points at the end of the series, there will be a count-back of positions to determine the winner. So, for example, the club/team with the most 1st positions will be the winner. If neither club / team has a 1st position, the 2nd places will be counted etc.

Points Allocation:

The following points will be awarded to participants in each race:

Position	Points	Position	Points
1	50	11	24
2	45	12	22
3	40	13	20
4	38	14	18
5	36	15	16
6	34	16	14
7	32	17	12
8	30	18	10
9	28	19	8
10	26	20	6

All other finishers will score 4 points

Riders who were lapped and asked to exit the race will be awarded 2 points.

Riders who DNF'd will not be awarded points.

The rider with the most number of points accumulated over the 3 events will be declared the winner of the overall series.

Penalties:

Penalties can be imposed according to the nature of the offence and one of the following can be used depending on the severity:

- Relegation of position (by one or more positions)
- Time or points penalty
- Disqualification
- Suspension

Protests:

Any rider who considers he/she has been prejudiced by any action during the competition may submit a protest to the Chief Commissaire after he/she has crossed the finish line.

The protest must be lodged in writing and submitted within 15 minutes of the end of his/her race.

List of offences, which can result in penalties

- Illegal repairs to the bike
- Unauthorised feeding and technical assistance
- Jersey pulling and pushing
- Obstruction of any rider
- Unsportsmanlike conduct
- Taking shortcuts
- Indecent conduct or foul language
- Fighting with competitors and officials
- Pollution or discarding of wrappers or containers
- Use of I-pods, MP3 players and other similar audio devices during competition

Race stoppages:

Only the Chief Commissaire has the authority to stop a race. He must preferably consult with the Race Organiser and the Safety Officer before doing so.

Races that are stopped prematurely e.g. for safety reasons during the 1st quarter of the race (time wise), will be nullified.

Races that are stopped prematurely e.g. for safety reasons after the 1st quarter of the race (time wise), will be deemed official and the results will stand.

Drug testing:

WPC supports the testing policies and procedures of *Drug Free Sport* and riders will be subjected to their tests if selected.

No rider can refuse a drug test.

Governance:

These rules are based on UCI and CSA Road rules

Where specific provision for any incident has not been made in these rules, the decision of the Chief Commissaire is final.

[Recognised mishap UCI rule 3.2.021](#)

The following shall be considered recognised mishaps:

- a fall
- a puncture
- the breakage of an essential part of the bicycle.

All other incidents are considered un-recognised mishaps

Annexure B

COVID-19 OPERATIONAL PLAN

CAPE METROPOLE CYCLING ASSOCIATION

Referred hereunder as Western Province Cycling Association or WPCA

Developed by Myriad Events (Pty) Ltd

24 June 2020

PURPOSE OF THE OPERATIONAL PLAN:

To ensure that all athletes, support staff and officials who will be returning to events do so in a manner which minimizes any effects to their health from the Covid-19 virus outbreak.

APPLICATION OF THE OPERATIONAL PLAN FOR NON-CONTACT SPORTS:

The Government requires that a Covid-19 Operational Plan be developed prior to the reopening of a non-contact sporting code to the athletes. Cycling is one of the sports listed in Annexure A – Non-Contact Sporting Bodies as appended to the Amendment of directions issued in terms of Regulation 4(10) of the regulations made under Section 27(2) of the Disaster Management Act, 2002 (Act #57 of 2002): Suspension of Sport, Arts and Cultural Events as Measures to Prevent and Combat the Spread of Covid-19

OPERATIONAL PLAN FOR WESTERN PROVINCE CYCLING ASSOCIATION:

The Western Province Cycling Association are the event hosts of various road cycling events held in the greater Cape Town area and surrounds. Their races are typically held on Sunday mornings, starting at 8h00 and finished by 13h00. Racing groups of around 60 to 80 participants each would take part around a pre-determined course for a specified distance. However due to the Covid-19 outbreak, these races can no longer be held under Level 2 Regulations due to most of the cyclists not falling into the category of “professional athlete” as defined below:

“Professional Athlete” means an athlete who make a living by competing in a sport or receives payment for performance at international championships or related events including preparation for Olympics, a member of a training squad for a relevant sporting body.

We do however have athletes that are deemed semi-professional and are in possession of Full Racing Licenses issued by Cycling South Africa (CSA) who are members of sponsored teams and who compete for a prize purse at our events. For this reason, we feel that we should be able to hold events catering for these athletes to compete at.

Other definitions that we need to take cognisance of are as follows:

“Official” means sporting venue manager, sporting venue employee, match or race official, journalist, television crew, radio commentator and security personnel.

“Support Staff” means a technical official, coach, assistant coach, kit manager, physiotherapist, medical officer, driver or physical trainer

WPCA ROAD COVID-19 OPERATIONAL PLAN:

The proposed resumption date for races to start is 1 August 2020.

There will be no “on the day” entries to races. All people attending the race need to go through the WPCA website online entry procedures at least 72 hours before the race is due to start or alternatively complete and return the pre-screening questionnaire that will be sent out once officials and race staff are confirmed .

Record Keeping

Prior to racing starting we will require all athletes, support staff and officials to register on the WPCA data base that will be created to address the items required by government. These include, but are not limited to:

1. Full names and ID numbers of the participants, be they athletes, support staff or officials, as defined above
2. Residential address
3. Cell phone number and email address
4. Contact details of a person or persons living in the same residence at the participants.
5. Last temperature reading and date (at a shopping centre or similar)
6. Tick boxes for any of the following symptoms:
 - a. Coughing
 - b. Tight Chest
 - c. Sore Throat
 - d. Loss of smell and taste
 - e. Conjunctivitis
 - f. Body pains
 - g. Fever
 - h. Severe headaches

This is to be done each time a participant enters a race. All support staff and officials are to also submit their details before each race.

Pre-Race Screening and Testing

All athletes, support staff and officials are to report to the medical screening facility to have their temperature taken and recorded. This will be done by the Myriad Events staff and reported to the appointed Covid-19 Compliance Officer. Should any person whose temperature is outside of the norms (35.7 to 37.7 Celsius) arrive on site, they will be directed to the closest screening station details of which will be available on a case by case basis. Records of all the temperatures recorded will be kept on file for the duration of the Covid-19 outbreak.

Preparation for a Race

The registration venue of WP races varies from race to race. However, the general guidelines listed below will be applied at all race registration points, as far as applicable.

1. Registration will, as far as possible, be conducted in the open air.
2. All equipment, work surfaces and surrounds will be sanitised before, during and after registration.
3. Riders will be issued with race numbers with a barcode. Support staff and officials will be issued with a name badge that includes a barcode. This is to be worn on a lanyard around his or her neck.
4. A register of those allowed to attend will be compiled 72 hours before the race and will be on hand.
5. A designated area will be set aside for the registration and temperature testing station. There will be a hand sanitiser station outside the area that participants are to use before entering. All participants will be directed to this station prior to registering for the race. Any person whose temperature is above 37.7 Celsius will be requested to leave the premises and return home.
6. After registration, participants will be directed to the race start area which will be cordoned off and will be checked onto the start line by officials / timing personnel.

During the Race

During racing, should an accident occur, medical personnel will be called to attend the scene.

After the Race

There will not be a podium or prize giving. Participants will be asked to leave the race area and head straight back to their cars. Provisional results will be posted within 5 hours of the end of the race, and final results 24 hours later. Prize winners will be contacted for their banking details.

Race Village Requirements

- 3 x Hand sanitiser units will be available – one at each registration point and one at the timing desk.
- Signage to be installed indicating that all people attending the race will be required to wear a face mask while on site.
- Eco-Viro Cleanse sanitiser will be provided for the regular washing down of tables, equipment and work surfaces at both the registration and timing desks.

Race Venue Regulations:

- All people present are to institute a 1,5metre social distance between themselves.
- If an athlete, support staff or official shows signs of and Covid-19 symptoms he will not be allowed to proceed and is to leave the race venue immediately and go to the nearest screening station.
- The registration personnel are to be informed should this happen so that they can phone the Covid-19 helpline if necessary.
- All personnel must wear something to cover their nose and mouth at all times, except cyclists who can remove them during the race.
- There must be easy access to the sanitiser provided by the events management team
- Workstations and equipment where necessary are to be disinfected regularly.
- Sub-Contractors, such as medical personnel, are to submit proof of their screening of employees on the same day. Names and ID numbers of staff, along with the results of that days screening must be emailed to the events management team 48 hours before the time.

Race Venue Amenities and Safety Measures Implemented:

The Race Venue amenities accessible to all occupants and visitors to the race are as follows:

- Car Park – no measures will be taken
- Registration and Screening Area – staff will wear the necessary PPE and regularly sanitise the work area and equipment
- Race Start and Finish Areas – will be cordoned off. Only Accredited Participants and officials will be allowed access.
- Timing Desk – no one other than staff will be allowed at the timing desk.

Steps to Take When Covid-19 Suspected:

- Prior to any race taking place, everyone involved will have their temperature taken and the results recorded.
- Should Covid-19 be suspected, the designated contact person of the person involved will be contacted and informed.
- Should immediate help be needed, the registration staff will call the Covid-19 help line – 0800-029-999 and request assistance.

Rules on Social Distancing:

- Stay at least 1,5 meters away from any other person
- Maintain physical separation at all times. Try not to come into physical contact with anyone.
- Cover your coughs and sneezes.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissues in a lined trash can.
- Wash your hands often with soap and water for at least 20 seconds . This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

- Use hand sanitizer if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands . Avoid sharing personal household items.
- Do not share dishes, drinking glasses, cups or water bottles

Pre-Screening Questionnaire:

All participants are to complete the questionnaire below when entering events online:

NAME & SURNAME OF PERSONS INTENDING TO ENTER RACE		Name & Surname
Examination	1 Have you tested positive for Covid-19 or had a test for COVID-19 in the past month? If yes, Have you completed the prescribed self-isolation for 14 days after last symptoms?	
	2 Temperature reading	
Symptoms	3 Have you experienced any symptoms of Covid-19 in the past month:	
	Loss of smell and/or taste	
	Sore throat	
	Coughing	
	Difficulty breathing	
	Conjunctivitis (eye infection)	
	Body pains	
	Fever	
Movement	Severe headaches	
	7 Do you use public transport where 1.5 metre social distancing is not possible?	
	8 Does anyone in your household work in the Essential Services - Medical Field, Law Enforcement etc	
	10 Have you traveled in the past 14 days?	
	11 Estimated number of people you have been in contact with over the past 14 days	
	12 Do you make use of any protective wear in public / work places? (mask, gloves, etc)	
	13 In which suburb do you live?	
Date		
Score		#DIV/0!
APPROVAL		

Important Contact Details:

Public Officer	Sharief Peters	082-926-9402
Race Director	Graham Ward	082-449-7424
Safety Officer	Mark Syce	083-318-9379
Covid-19 Compliance Officer	Megan Burns	084-548-2535
Event Organiser	Sue Kirk	083-578-9375
Chief Marshal	Mike Aaron	082-578-0414