



How we will keep you safe at Hit the Downs 2020

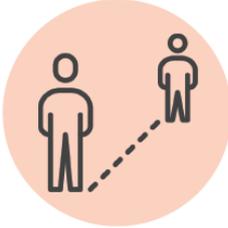
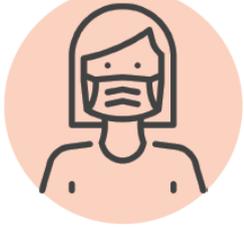


We place the utmost importance on the health and safety of all our participants, volunteers and staff at all times. With this in mind we have introduced a range of new health and safety measures in line with government advice, that seek to reduce the risk associated with Covid 19 for Hit the Downs.

Hit the Downs lends itself to social distancing, being an outdoor cycling event, covering a distance of 30km or 80km (mainly off-road) and plenty of opportunities to spread out. To maximise your safety, we have limited the number of participants in this event to 400.

Although you can be assured that we have done everything in our power to ensure your safety, as well as offered suggestions on keeping you safe, please remember to stay alert and vigilant and follow the government guidelines at all times.

General

				
<p>Where possible please apply social distancing at all times</p>	<p>If you are displaying any symptoms of Covid 19 on the day of the event we ask you not to attend the event. Please contact us on 01903 706354 to advise</p>	<p>Our staff may be wearing PPE equipment as they will be welcoming all of our participants. Face masks are not mandatory for the event but if you wish to wear your own mask please do so</p>	<p>Washing facilities / hand sanitiser will be available for riders to wash their hands at start / finish area and refreshment stops. However, for extra precaution, we recommend that riders bring their own hand sanitiser with them.</p>	<p>Toilets at start / finish area and refreshment stops will be cleaned regularly. Additional toilets will be brought in and equipment will be available for you to clean each area before use if you wish.</p>

On Arrival

- To keep to social distancing advice, we will split you into two groups, based on the distance of your route length.
- Within your route group, you'll be set off in waves (of 20-30 riders max) to allow for social distancing on the routes.
- No more than 6 people from different households should gather in one place. Your staggered arrival and start times will facilitate this.
- You will be advised on your starting times prior to attendance at the event. We ask that you adhere to your arrival time.
- Registration for the day will be done electronically so you will not need to sign in upon arrival. More details will be sent to you in the information pack prior to the start of the event.
- It is really important that you enter the correct details upon registration to enable us to keep you safe on this event.
- You will be advised of your rider number ahead of the event. These will be laid out on a table for arrival, so you can collect directly. All numbers and chips will have been cleaned when being set out and staff will have worn appropriate PPE equipment during this.
- When queuing, please keep to the social distancing rules. Markings and signage will be erected to help you with this.
- A one-way system for any queues will be put into place.
- Safety briefings will be available on the website to download prior to the event.
- Clean your hands and your own accessories before and after the ride (paying attention to gloves, handle bars, bike pumps, helmets, zips on bags and other riding equipment).
- Refer to your kit list when packing your items. Paying special attention to the personal bin bags (nappy bags work fine) and tissues to assist in the 'catch it, bin it, kill it' advice. Please keep all personal rubbish with you and bin it in the central bins at the refreshment stops.
- We would kindly ask riders not to bring supporters to the start / finish area to help with social distancing. Of course, supporters will be able to stop (safely and socially distanced) on route to watch out for you and come to the car park area if they are your transport to and from the event.

Whilst Riding

- Make sure you keep the agreed social distance between yourself (party) and the riders around you at all times.
- When overtaking, please be considerate of the other riders and aim to keep the agreed social distance when doing so.
- If appropriate, stop and wait for others to pass whilst maintaining social distancing. This includes when passing pedestrians and members of the general public if you are using the same path
- If stopped, it is advised to try and avoid standing face to face with other riders. It is best to stand side-by-side or back to back.
- Greet others without shaking hands, high fiving or hugging – a friendly wave or thumbs up will suffice.
- Ensure you carry your own hand sanitiser with you and use regularly.
- There are a number of gates that you will have to go through on the ride. We suggest you use hand sanitiser after use.

Refreshment Stops / Food

- One-way system will be put in place at refreshment stops to avoid queuing and congestion.
- Additional signage will be put in place to enable you to adhere to the social distancing rule.
- Where possible eat your food outside in the fresh air.
- All refreshment stops will be self-service.
- Dry food stuffs will be served in individual wrappers.
- Fresh foods i.e. items with a short shelf life such as fruit will be peelable.
- Please place all rubbish in the bins provided.
- If seating is provided, it will be set so people eat side by side or back to back. Tables and chairs will be set out with 2m between them. We ask that you respect this placement by leaving them as placed.
- All serving utensils, tables, chairs will be cleaned before and after use.
- Please bring your own water bottles/hydration packs to reduce the use of cups and glasses at the stops.

As you can appreciate this is an ever-changing world, however we will be monitoring the government guidelines at all times. Our main priority is the safety of everyone involved in Hit the Downs.

Remember be alert, stay safe and enjoy the day!