



## How we will keep you safe on Hit the Downs MTB



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 MTB.

### **COVID-19 update 19/04/2021**

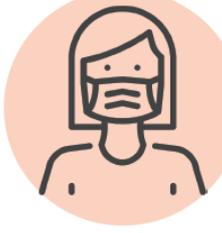
As we're sure you're aware, the government has provided a number of ways to suppress COVID-19 and keep the number of infections down – asking people not to meet with people from other households socially in groups of more than six.

This applies indoors and outdoors, but there are a number of exemptions, including 'organised sport', which Hit the Downs MTB falls under. Your safety, and that of our volunteers and staff, is of paramount importance to us, so while the 'rule of six' does not officially apply to the event, we have introduced some additional safety measures.

Hit the Downs MTB lends itself to social distancing, it is an outdoor cycling event, covering a distance of either; 30km or 80km, with plenty of opportunities to spread out. To maximise your safety, you will be set off in waves of small groups.

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 871820 to advise</p>	<p>Our staff will be wearing PPE equipment as they will be welcoming all of our participants. Face masks are not mandatory for the event but please wear one when registering and at the rest stops.</p>	<p>Hand sanitiser will be available for cyclists to use at stops and village halls. However, for extra precaution, we recommend that cyclists bring their own hand sanitiser with them.</p>	<p>Toilets at rest and the start / finish will have disinfectant wipes and hand sanitizer available please use before and after use at the toilets and always keep two metres distance in the queue</p>

## On Arrival

- Participants will arrive in waves across the sites to further limit the amount of people in any one place and any one time.
- Staggered start times are put into place.
- You will be advised on your arrival time prior to attendance at the event.
- Participants will also be set off in waves and you will be allocated a time slot that we ask you to adhere to prior to the event.
- You will need to sign in upon arrival giving your name and mobile number to the staff member on registration. 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.
- Rider numbers and timing chips will be available to collect upon arrival.
- 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. And a recap of this will be given to you in your waves before commencing your challenge.
- Clean your hands and your own accessories before and after the ride (paying attention to zips on bags and rucksacks and any hydration systems you are using)

## Whilst Riding

- Make sure you always keep the agreed social distance between yourself (party) and the rider in front of you.
- 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, horses, dogs 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 others. It is best to stand side-by-side or back-to-back.
- Greet others without shaking hands, high fiving or hugging – a friendly wave 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 cross. 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 rules.
- Before touching your food or your face, use hand sanitiser thoroughly.
- 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.
- Where possible brown paper bags will be made up with full 'snack pack' – grab and go style.

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 MTB.

Remember be alert, stay safe and enjoy the day!