

The logo for Bognor Regis Cycling Club is centered at the top of the page. It features the words "BOGNOR REGIS" in a bold, blue, sans-serif font, with "Cycling Club" written below it in a blue, cursive script. The logo is set against a background of a blue gradient bar at the top and a yellow gradient bar at the bottom.

BOGNOR REGIS Cycling Club

BRCC TT/RACE GUIDELINES

July 2020

BRCC expect all participants in Club TT's to follow national guidelines but the Club will also be operating specifically as follows:

For the 4 race programme starting on Saturday 25th July we will be operating these rules

- Only 30 places are available. Places are not tradable/exchangeable
- A number will be allocated to each rider and they will keep that number for all 4 events.
- The number will have been disinfected and will be obtained at the first event during the signing on process
- Numbers are to be returned after the last event
- Payment – There will be no payment on the day. The series is pre-payment only and details of how to pay will be circulated well before the first event. If absolutely necessary we will accept a cheque by post but NO CASH!
- When signing on at all 4 events you must provide a full name and contact number. You should also observe the 2 metre distancing rule between fellow riders and the organisers. When signing on please note that you will be signing a disclaimer that you do not hold the Club or the organiser, helpers and other riders responsible should you contract Covid 19. You will also be declaring that you are fit to ride. Under no circumstances should you ride if you are feeling unwell (that doesn't just mean with Covid 19 but generally!)
- Parking – we will be using a variety of venues. Please park considerately
- Warming Up – PLEASE NOTE THAT THE CTT HAS BANNED STATIC WARM UPS – No turbos, rollers etc. Either warm up at home or on the road. If warming up on the road then please avoid the course once racing commences. Again, please behave considerately.
- Toilets – We will not always have access to toilets. For the first race (Tangmere) we will be able to use the toilets in the changing rooms. However, for the other 3 events access to toilets is not guaranteed. Please be sensible if you need to use 'natures' facilities!
- The Start – At the Start there will be only the timekeeper. There will be no pushing off. It is the rider's responsibility to arrive at the Start, preferably 2 minutes before their start time. When called forward they must maintain a 2 metre distance between riders in front or behind them. Please do not create a queue of more than 3 riders (1 starting and 2 waiting)
- Courses – 4 Courses will be used. All course details are available on line. It is the rider's responsibility to both know and navigate the course. Please do not expect a 1:1 tutorial on the day as to where the start is, the course etc
- The Finish – As is the norm, under no circumstances should you stop at the Finish and ask for your time. The only acceptable reason for talking to the Finish Timekeeper is if you wish to report an incident that needs to be resolved (Police, Ambulance etc). Even under these circumstances it may be better to find a club member away from the Finish who can then take the appropriate action.

- Refreshments – Currently we are not allowed to provide them. However, in line with other organisations we may be able to provide a limited range of drinks and cakes for ‘self-service’. Alternatively bring your own.
- Results – The CTT have stated that we are not to provide results boards but to encourage riders to depart as soon as possible after the event. Therefore all results will only be published on FaceBook.
- Departure – Please leave the event location promptly and take any rubbish with you
- Post race queries – These are club races and the odd mistake does happen. If you have a query as to your time then please contact the organiser by email/FB message after the event.
- Pre and Post Event Signage. In line with the CTT directive, the handling of course signs needs specific controls. At BRCC we will be minimising the number of people handling course signage. This means that riders should not touch any of the signs. In addition the Club asks riders to respect the volunteers who organise, run and and generally make the event happen under challenging conditions.
- And finally:
 - Hard shell helmets are compulsory
 - A working, flashing rear light is compulsory
 - Heads up when riding
 - Check behind before overtaking
 - Do not take pace – a 10 metre rule will be enforced
 - Observe the Highway Code

RMM 14/7/20