

RACE DAY INFO

FOR PARTICIPANTS

As you are probably aware by now, **this event is quite different from usual** due to the many Covid-19 control measures implemented to reduce the risk of transmission.

PLEASE READ EVERYTHING CAREFULLY

And print off a copy and bring it with you to the event for reference if needed.

Venue Address

Cropthorne & Charlton Village Hall, Main Street, Cropthorne, Pershore, WR10 3NH

What3words App location: [///stub.sprouts.foresight](https://www.what3words.com////stub.sprouts.foresight)

To discover where things are located, [see this annotated Google Map](#)

Covid-19 Compliance

You must **NOT** come to the event if...

- You have any Covid 19 symptoms
- You are living in a household with someone who has a possible or confirmed Covid 19 infection
- You have been asked to isolate by NHS Track and Trace
- You have been in contact with anyone who has Covid 19 symptoms within the last 10 days

The main symptoms of coronavirus (COVID-19) are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with symptoms have at least 1 of these. However, about 1 in 3 people with COVID-19 do not have symptoms but can still infect others. This is why everyone is advised to get tested regularly, and to follow these 3 steps:

HANDS – Wash your hands with soap regularly or use hand sanitiser

FACE – Cover your face (mouth and nose), particularly when in an enclosed space with other people

SPACE – Maintain social distancing and keep 2m apart from other people wherever possible

Arrival

Please arrive changed and 'ready to start' having done as much preparation as you can in advance (i.e. before arriving at the venue). All food, drink and kit for the race itself should be sorted out and got ready at home. You should check your bike over before arriving and any general maintenance/preparation such as pumping up the tyres, lubricating the chain carried out beforehand if necessary.

If you can't comfortably start the race within an hour of arriving on site then you haven't done the preparation you need to do in advance before leaving home! There is no indoor space/shelter available. Everything is outside. The only shelter is in your vehicle. So please come suitably prepared.

There are two different waves, that arrive and start at different times. Use your start time (see [Start List](#)) and the table below to determine which wave you are in and hence when to arrive...

Start Time	Wave	Rule to Ensure Separation	Recommended Arrival Time
Before 09:35	Wave 1	Must start the race before 09:30	07:30 - 08:30
After 10:25	Wave 2	Must not arrive on site before 09:30	09:30 - 10:30

If you are starting after 10:25 (i.e. in Wave 2) you must NOT arrive at the venue before 09:30. This is due to Covid control measures and also for Wave 1 participant's safety as they will be setting off.

Parking

Do not obstruct the pavement, the junction on the road adjacent to the hall or residents' properties.

Although the field is big, parking space is limited and confined to the edge of the field. On top of this, more vehicles are expected than normal as some teams travel in separate vehicles due to Covid. So, parking will be tight.

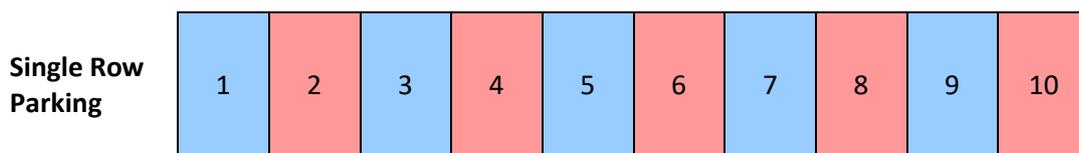
If you are a team travelling in separate vehicles, please try to meet up on route and arrive at the venue together (in convoy). This way we can park you one in front of the other, which will take up less space and make things easier for you by being parked together.

NO VEHICLES ARE ALLOWED ON THE SPORTS PITCHES UNDER ANY CIRCUMSTANCE

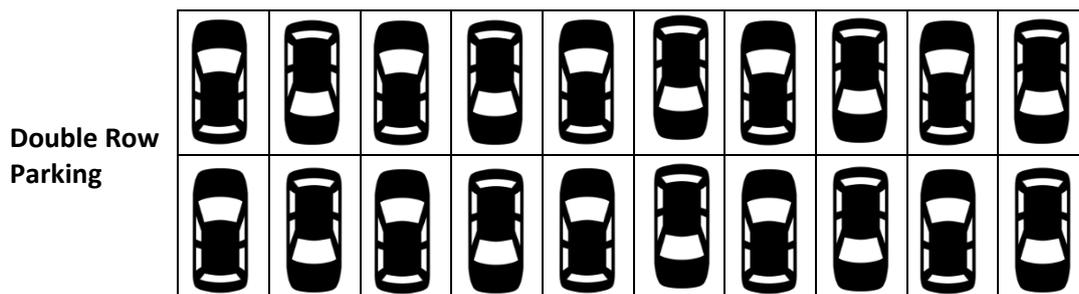
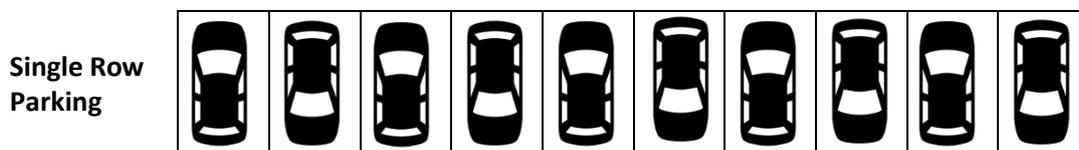
When you arrive, please follow the signage/marshal's instructions on where to park.

Please **DO NOT** just park in any space/gap. They will have been left vacant for a reason, such as...

The car parking marshals may leave one parking space empty in between each vehicle whilst wave 1 arrivals park on the field. If so, these empty spaces should be filled by wave 2 arrivals. This is shown by the diagram below where wave 1 arrivals park in the spaces coloured blue (odd numbers) and wave 2 arrivals fill in the gaps by parking in between – in the spaces coloured red (even numbers).



When unloading your vehicle, if you are concerned about the Covid risk of being close to other participants doing likewise from neighbouring vehicles, then we suggest you turn your car around so it is parked facing the other way to the vehicle you park next to (so the rear/boots of adjacent vehicles are not aligned with – or next to – each other). This is for you to do yourself if you wish. Car parking marshals will not facilitate this. The images below show what this would look like if everyone did this...



Registration: Collection of Race Packs

You will need to provide both your race number and your entry ID number at registration on the day. You won't be able to collect your race pack (includes map) without them.

Please write both your race number and your entry ID number clearly (i.e. in large) on an A4 piece of paper and bring this with you to registration. Both numbers need to be large enough so they can be easily read from 2m away when you hold the piece of paper up. You can download and print off one of the following templates to use for this if you wish.

- [Blank Template \(PDF\)](#)
- [Example Template \(MS Word\)](#)

To ensure fair competition, race packs can only be collected up to 30 minutes before your start time.

Collect your race pack from the gazebo outside one of the entrances to the hall (near the hall car park). If there is a queue, please wait in line 2m apart from the person in front of you. Please do not attempt to collect your race pack more than 30 minutes before your start time as you will be penalised for doing so.

Each race packs contains...

- 1 x Course map printed on A3 waterproof paper (plus any extra copies you've purchased)
- 1 x Checkpoint descriptions and values sheet printed on A4 waterproof paper
- 1 x Electronic scorecard
- 1 x Cord (for attaching electronic scorecard)
- 1 x Race number
- 4 x Safety pins

If you have pre-ordered and purchased a Questars 2021 technical t-shirt, collect this at the same time as you collect your race pack.

Entry Amendments

Your team details will be printed on your race pack envelope. Check these carefully. If any of your team details have changed or are incorrect, make the necessary amendments yourself (in clearly legible writing) on your race pack envelope itself and deposit this in the box just before you start. These will be collected once everyone has started and any necessary changes made so your team appears correctly on the results.

NB. Do not put your envelope in the box at the start if all your team details printed on it are correct.

Unfortunately, no changes can be made to start times or kayak slot times now, as making such changes now simply isn't compatible with the event running smoothly and safely for everyone. We have accommodated as many people's preferences as possible, in particular with regards to your start time.

Race Numbers

Marshals must be able to read your race number from >2m distance. Race numbers are therefore being used (rather than numbered wristbands).

One race number is issued per team. One team member must wear/display the race number. The race number should be positioned on the left thigh/top of the left leg either facing forwards or to the side (as shown in the image below).

If that doesn't suit you, then the race number can be pinned to your rucksack ONLY IF i) you are happy to keep turning around to show your race number to marshals and ii) you wear the rucksack over your buoyancy aid when kayaking. Race numbers must not be attached to your t-shirt/top if you are kayaking, as it will not be visible when you wear a buoyancy aid.

Duo participants (not kayaking) may wear their race number on the front of their t-shirt/top if preferred.

Recommended use of cord (provided in race pack) to hang electronic score card (orange in this picture) around the neck. Tuck down top or under rucksack straps to prevent it bouncing around and getting caught on things.



Correctly positioned race number on the left thigh (upper leg) facing forwards or to the side

Race Briefing

There is no verbal race briefing on the day, before the start, like usual. Instead, all the information usually covered in the briefing will be contained within a separate 'Race Briefing' document which will be published in due course on the Questars website. **You must read it all carefully.** If you don't, you won't know what you are doing, which is not a great start to any race!

Toilets

Going to the toilet alfresco is not acceptable or permitted at the venue or surrounding area. The hall is in the middle of the village and is surrounded by properties. And the playing field is open to the public (we do not have exclusive use). The village hall chairman and groundsman live opposite and they will be keeping an eye on the event so please do not do anything that will get you or us into trouble (like driving on the pitches or going for a wee in the bushes).

The main toilets in the village hall will be open and available before you start. Access them from the main entrance to the village hall in the car park (around the other side of the building to the playing field). Ensure you bring and wear a clean pair of shoes when using these facilities as the corridor is carpeted. If you don't, you will need to remove any soiled / muddy footwear before entering.

A face covering should be worn correctly (covering nose and mouth) when using the facilities as they are inside. You should also wash/sanitise your hands using the facilities provided BEFORE entering the building.

At peak times (i.e. before you start), access to the toilets will be controlled by a marshal who will operate a one-in-one-out system to maintain social distancing as much as is possible. So, you may need to queue up 2m apart outside to use the facilities.

Leave windows open to provide increased ventilation and doors propped open to reduce contact points.

Put the lid down before flushing the toilet to prevent droplets from becoming airborne.

After 11:30, the changing room toilets will be open and available for you to use. Access them from the changing room entrance on the playing field side of the building.

Race Starts

Your start time is the latest time by which you must report to the start enclosure, and be ready to start, to avoid a start penalty (and potentially having to wait until the end to start). It is not the time that your race time begins.

Your race clock begins when you place your electronic scorecard (EMIT card) on the start control. Once you report to the start enclosure you must not leave the start area until you have done this and your race time has begun.

We will endeavour to start you as close to your start time as possible. However, it will take at least a few minutes to line you up and set you off at one-minute intervals from when you report to the start enclosure. So, if you are keen to start on your stated start time, you need to be at the start enclosure 3-5 minutes before your start time.

Drinking Water

No drinking water stations will be provided at this event. You, therefore, need to bring all the water you need - for before, during and after the race - with you. Don't worry, you won't have to carry it all with you. You can leave it with your bike/race kit in the transition area (or in your vehicle).

Event Catering

Sadly, no catering will be available at this event. You, therefore, need to bring all the food and supplies you need with you.

Map Pens & Bike Map Boards

[Fine tipped permanent marker pens](#) for writing on your map will be available to purchase for £2 each when you collect your race pack. As will a limited number of bike map boards with reusable cable ties for mounting on your handlebars. A4 and A5 boards are £10 and £5 respectively. Cash only. No change given

First Aid

A professional medic will be in attendance at the event. The medic will only provide first aid in serious cases which need immediate attention. All other medical needs will need to be dealt with yourself either at the event or when you get home.

Do not take unnecessary risks and end up having to go to A&E. Protect yourself, others and the NHS.

Finishing / Withdrawing from the Race

You must return your electronic scorecard to the gazebo (where you collected your race pack), when you finish or if you withdraw/retire from the race. **This is very important.** If you don't do this, we don't know that you are back safe and well. And we won't be very happy if we search the course for you only to discover you have just forgotten to return your scorecard before heading home.

Changing Rooms / Showers

No changing rooms or showers will be available to use at the venue. Bring your own changing robe / large towel to get changed by your vehicle, if you wish to do so after the race.

Results / Prize Giving

Sadly, there will be no prize-giving at this event. The results will be published on the Questars website for you to see when you get home. Prizes will be sent to the winning team in each class after the race.

Departure

Please do not outstay your welcome and hang around at the venue after the race. You should collect your things and depart as soon as you can safely do so. Please take care when leaving the venue as other participants may still be coming in to finish both on foot and bikes.