

RACE DAY INFO

FOR PARTICIPANTS

This event is quite different from a normal Questars Adventure Race.

With the removal of all legal limits on social contact ([Step 4 of the Roadmap out of Lockdown](#)) not happening as we'd all hoped on the 21 June, as provisionally scheduled, this event has to be held under strict Covid-19 control measures, designed 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

St Leonards Parish Hall, Jenkins Lane, St Leonards, Tring, HP23 6NW

What3words App location: [///explained.paddock.piglet](#)

To discover where things will be at the venue, [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 one of these symptoms. 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

If you've been vaccinated, you still need to take the recommended precautions (i.e. the 3 steps above) to avoid infection and passing the virus on to others. No vaccine is completely effective, but if you get Covid-19 after having the vaccination, it should be less severe.

Arrival: 1 hour before your start time

You should aim to arrive no more than 1 hour before your start time. This is to ensure participants remain spaced out and there is not a congregation of people hanging around at the event base.

The barrier to St Leonards Parish Hall will be unlocked at 07:45. Please do not arrive any earlier than this as you won't be able to get in.

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 available for shelter. The only shelter is in your vehicle. And there isn't much/any shade. So please come suitably prepared for whatever the weather on the day brings.

Entrance/Exit to the Venue

The only approach to the venue is via a narrow, single track road. This is also the only way out/exit from the venue. And this is the only entrance/exit for bikes (during the race) too. So clearly it is not safe or possible to have vehicles arriving and departing at the same time.

If you are being dropped off, please don't drive into the venue to be dropped off as this will cause congestion and whoever drops you off may not be able to leave/get out again. Please arrange to be dropped off on the road (Jenkins Lane) – only where it's safe to do so of course – a safe distance away from the entrance/exit to St Leonards Parish Hall. Don't get dropped off on the corner or opposite the entrance as this will cause congestion. Be considerate to local residents & neighbouring properties.

Participants will be arriving at the venue in vehicles from 07:45 until 12:00. During this period, you should not plan or expect to be able to leave the venue in a vehicle. When arriving in a vehicle you must **watch out for and expect to encounter participants on bikes** and on foot who have started their race.

Participants will be departing in vehicles between 13:30 and 18:00. During this period, you should not plan or expect to be able to drive a vehicle into the venue. When departing in a vehicle you **must watch out for and expect to encounter participants on bikes** and on foot who are still competing.

Car Parking

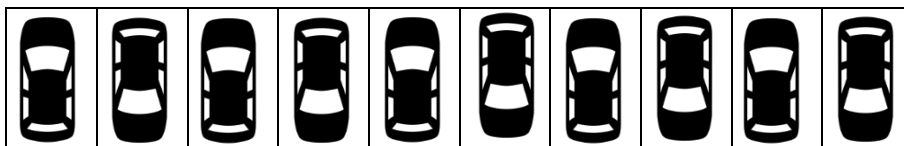
Parking on site is provided for cars and similar sized vehicles only. You must be able to fit your vehicle into a standard size parking bay (like at a supermarket). Please **do not bring any large vehicles to the venue** as you won't get in/out when other vehicles are parked up, and you are likely to cause a blockage /congestion. If you have no choice but to come in a large vehicle then there is limited roadside parking on Cholesbury Common (2 km away) and lots more parking at Wendover Woods (just over 2 km away).

Do not park on the road (Jenkins Lane) near the Parish Hall. When you arrive, please follow the signage/marshal's instructions on where to park. DO NOT park in the marked parking bays (on the tarmac) near the hall unless told to do so. They will have been left vacant for a reason.

Although the field is big, parking space is limited and confined to one part of the field. You must park close enough - within 2 feet (60 cm) of the next vehicle - so that you can't open your door fully. If you don't do this then there won't be enough room for everyone to park. Please be considerate to others and help us by ensuring you do this and park as close as possible to the next vehicle.

NO VEHICLES ARE ALLOWED ON THE FOOTBALL PITCHES UNDER ANY CIRCUMSTANCE

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 image below shows what this would look like if everyone did this...



Registration: 30 mins before your start time

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 digits) 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 \(MS Word\)](#)

Only one member of your team needs to come to registration on the day to collect your team pack.

You can only register and collect your race pack up to 30 minutes before your start time

This is to ensure fair competition and gives each participant/team an equal amount of time to preview the course map before they start. Do not attempt to collect your race pack more than 30 minutes before your start time as you risk being penalised for doing so.

Collect your race pack from inside the hall. You should wear a face covering when inside. If there is a queue, please wait in line 2m apart from the person in front of you. A one-way system will operate through the hall (so you will exit via a different door to that which you entered). Please observe and follow all signs/directional arrows (some of which may be taped on the floor).

Each race packs contains...

- 1 x Copy of the course map on 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 (EMIT card)
- 1 x Cord (for attaching/securing electronic scorecard)
- 1 x Race number
- 4 x Safety pins

If you have paid for a Questars 2021 technical t-shirt, you should 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 changes made so you appear 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, 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, where given.

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 put a buoyancy aid on.

Duo participants (i.e. those not kayaking) may wear their race number on the front of their t-shirt/top if they prefer.

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 vegetation.



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 on the Questars website on Wednesday 30 June. **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

The Parish Hall toilets will be open and available for you to use. Access them from the field side of the building i.e. the back of the building (not the front entrance which faces the vehicle approach from the road). You should bring clean footwear to wear when inside. 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 toilet facilities as they are inside. As well as washing your hands after using the toilet facilities, you should also **sanitise your hands BEFORE entering the building**, using the sanitiser provided.

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

Leave windows open to provide increased ventilation and corridor doors propped open to reduce contact points. Put the lid down before flushing the toilet to prevent droplets from becoming airborne.

In addition to the toilets inside the hall building, there is also an outside toilet (on the playground side of the hall building) and there will be some additional portable toilets for you to use there too if needed.

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 time (5/6 hour time limit) 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 2-4 minutes before your start time.

Drinking Water

You should try 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. A drinking water station will be available at the event base (start/finish/bike transition) for you to top up your water bottle in an emergency if you do run out. You should sanitise your hands before using the drinking water station (i.e. before touching the tap).

Event Catering

Sadly, due to Covid restrictions, it is not possible to provide catering at this event. You, therefore, need to bring all the food and supplies you need with you.

Map Pens & Bike Map Boards

Permanent pens for writing on your map and bike map boards with reusable cable ties for mounting on your handlebars will be available to purchase when you collect your race pack at registration. Fine tipped [map pens](#) are £2 each. A4 and A5 boards are £10 and £5 respectively. Cash only. Sorry, no change given (due to Covid control measures).

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. It's better to hop off and push your bike rather come a cropper and injure yourself. Protect yourself, others and the NHS.

Finishing / Withdrawing from the Race

You must return your electronic scorecard to the hall (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 leaving the event.

Changing Rooms / Showers

No changing rooms or showers are available. You will therefore need to 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/congregate at the venue after the race. You should collect your things and depart as soon as you are able to do so. **Take care when leaving the venue as other participants may be coming in to transition or finish, both on bikes and on foot.**