

# **BCW Procedure List for Time Trials – 2021 Season:**

- Social distancing guidelines and appropriate risk assessments are in place for the course itself and the current pandemic. These MUST be reviewed prior to sign on, by signing on you are acknowledging the below information having carefully digested it and understood it. Any questions, please contact Graham or myself as organisers. Do not attend the event if you have any symptoms of COVID-19.
- Please note there must be no more than 6 riders spaced at the start line. If you arrive before your start time, try to arrive 5 minutes or less and that way we will comply with the maximum of 6 riders congregating. If there are 6 people in front of you, do another warm up lap back down the road.
- Pre-enter via Teamer App.
- £5 per rider (\*£4 for Juveniles or Juniors).
- Entrants must pay online via the Teamer App.
- As entrants, please observe social distancing at the start and end of each event and throughout.
- Bring your own pen to sign on (agreeing to the risk assessment in place, outlined in full below).
- Pick up your pre-determined rider number at sign on and deposit your rider number back in the number bucket provided at the end (same place as sign on, unless otherwise informed at sign on).
- Standing start. You won't be held or pushed off. No drafting and pass wide of upcoming cyclist you are travelling faster than.
- Time keepers will be socially distanced. Do not approach the time keepers. You will be counted down to your start time from 10 seconds.
- No results at the event will be available or given. They will be posted on the Facebook page and the Internet club site, latterly.
- Rear light required - no light, no ride. (New CTT ruling for 2020 onwards).
- Any competitors wishing to enter a tandem must follow the below measures to reduce risk by contacting the CTT ([stewart.smith@cyclingt看metrials.org.uk](mailto:stewart.smith@cyclingt看metrials.org.uk)) before entry is agreed by the event organisers.
- Static warm up / turbo trainers are permitted, as per below RA. Please consider 2 mtr distance and any thoroughfare of passing persons (must be 2mtrs or more).
- Please park sensibly. Do not park close to each other, if and where possible. Consider using lay-bys further from the start, including along by the Old Mill, or using Sea Wood as your warm up.
- Juniors or Juveniles must complete the parental consent form and return to the Club Chairman for acceptance of liability prior to riding the events. Consent form found at the rear of this document. Please return completed form (electronically) to James Hodgson or Graham Carrick.



Dear Barrow Central Wheelers

## CORONAVIRUS UPDATE

As the difficulties surrounding Covid-19 continue, finally there is light on the horizon as regards the resumption of competition. The position varies as between England, Scotland and Wales.

### England

On 22 February, the government published its “Roadmap” to set out the way forward and the gradual relaxation of the Covid-19 restrictions.

Formally organised outdoor sports will be allowed to resume in England from 29 March 2021. To be allowed to go ahead, any such sport will need to be compliant with guidance issued by the relevant National Governing Body.

The government plan to ease lockdown requires four tests on vaccines, infection rates and new coronavirus variants to be met. If that does prove to be the case and those tests are satisfied, then organised outdoor sport will be able to resume once more in England from and including 29 March 2021.

Cycling Time Trials is pleased to confirm that as the situation stands at present, it is not proposed to extend the current suspension of events beyond that date. **Accordingly, assuming that there is no change to the government “Roadmap”, both Type A and Type B events can be held from and including Monday 29 March 2021.**

**When holding an event, whether that be a Type A or Type B event, it is essential that the requirements as set out in the CTT COVID-19 risk assessment are followed.** If any club or organiser is in any doubt as to whether or not an event can proceed, please contact the National Secretary (Legal & Corporate) [nick.sharpe@cyclingt看trials.org.uk](mailto:nick.sharpe@cyclingt看trials.org.uk)

The Covid-19 risk assessment and guidance – Putting on a Cycling Time Trials Events under Covid-19 is available on the CTT website:

<https://cyclingt看trials.org.uk/documents/index/covid-19>

CTT will continue to monitor the position closely. The threat of Covid-19 and the risk of infection does still remain. **If you are not well or showing signs of Covid-19 then please do not attend at any CTT event.**

**Police notification forms** – open and club events

Although this may have been done already, clubs and organisers are reminded that they should send the PNF to the relevant police authority to ensure the necessary legal requirements will have been complied with. The PNF must be received by the relevant police authority at least 28 days before the day of the event.

### Scotland

Currently, organised outdoor activities in Scotland are not permitted. Following the Scottish government’s announcement today, it is not yet clear when formal organised sports in Scotland will be able to resume. A further statement will be issued by the Scottish government in mid-March and it is hoped that this will provide some clarity as to when formal organised sports in Scotland can take place once more. Accordingly, there cannot be any time trials in Scotland until such time as this situation changes.

### Wales

Similarly, organised outdoor activities in Wales currently are not permitted. As such, there cannot be any time trials in Wales until such time as this situation changes. A further announcement is expected from the Welsh government in a little under three weeks’ time.

23 February 2021



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# Risk Assessment

**Issue Assessed:** COVID-19 RA

**Course:** All

**Date of Assessment/Review:** 24 September 2020

**Name of Assessor:** Nick Clarke

**Issue date:** 24 September 2020

## Issue Description:

UK government advice has set out 5 Alert levels in response to COVID-19; it has also allowed Scotland and Wales to move at a different speed. This Risk Assessment looks at how to operate within England under the current alert levels, and where Scotland and Wales legislation allows (n.b. care is taken to separate guidance and legislation) this can then follow the UK guidance following the Alert Level Scales.

## COVID Alert Levels:

Level 5 – No CTT sanctioned events can take place

Level 4 – CTT sanctioned events can go ahead within the scope of the risk assessment, subject to review of Covid-19 legislation and additional restrictions implemented as required (e.g. by geography or format).

Level 3 & 2 – CTT sanctioned events can go ahead within the scope of this risk assessment.

Level 1 – Social distancing is no longer required; any legislation would need to be reviewed and only some elements of this RA be implemented.

#### History:

**COVID-19 is a new and emerging biological threat; the science is constantly evolving and as such so does the guidance. It is essential that one point of truth be centred around, as while having a wide range of information is useful for personal knowledge, for setting strategy and moving forward, it is essential to use the same sources that the national strategy is based around to enable the sport to be agile and compliant with the strategy, yet not paralysed.**

#### Key Identified Risks

<b>Risk No.</b>	<b>Summary of Location/ Role/Area</b>	<b>Identified Significant Risk/Hazards</b>	<b>Level of Risk Low/Med/ High</b>	<b>Measures to reduce Risk (if applicable)</b>	<b>New Level of Risk Low/Med/ High</b>
1	<b>Tier 1 members of public - those with a PHE/NHS letter suggesting that they currently shield.</b>	High Risk individual who could come into contact with COVID19 virus in sufficient quantities to be of a serious risk of the virus to themselves.	High	All documentation and risk assessments should state that none of these people should be involved in the on the day running of an event or participate as a competitor. They can obviously complete the paperwork on the run up and send out correspondence from home.	Low

2	<b>Those of a current age banding that government advice suggests should limit social contact/shield/practice social distancing with extreme care</b>	Age can be a factor in the risk to health from COVID-19 to the individual, however the guidance also makes reference to the disparity of health conditions by using age ranges solely.	High	CTT strongly suggests that those over current government age guidelines do not participate or volunteer for any CTT events. However, an absolute ban should not be considered for specific age bands as they can be in hugely different states of health and as and when the government's position on age moves and shifts, then CTT should harmonise with it. There are a number of mitigation methods detailed below that provide a significant protection that if a relevant person is no longer shielding/practising social distancing, with extreme care they could be a part of a CTT event. Where roles are allocated, the roles with the least likelihood of any social distancing concerns (e.g. solo marshal, or finish circuit TK in a 12 hour) should be preferred. Those in risk age groups should not be involved in the management of the HQ or in applying the social distancing discipline to others.	. Low risk if all aspects are strictly controlled to minimise risk.
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3	<b>Signs</b>	Contamination risk due to handling of signs.	Medium	<p>When collecting the sign(s) for subsequent erection it is suggested that that nitrile gloves* are used.</p> <p>The same individual who erects a particular sign should take down the same sign.</p> <p>After use, all signs should be washed by that same individual using hot soapy water.</p>	Low
4	<b>Marshal Duties</b>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	Medium	Marshals are outside; this reduces the risk substantially. Where more than one marshal is at a junction, they are easily able to maintain government social distancing guidelines. Marshals should not be briefed at or visit the HQ; they should be briefed before the day via phone, video or documentation; and should bring own Hi-Viz or one dropped off in advance by organiser (washed and cleaned before and after). Consideration be given to provision of hand sanitiser as running water is unlikely to be available should hand washing be required. Marshals should phone organiser when leaving home to confirm their attendance and again to confirm when in position. Organiser should contact marshals when event complete or alternatively marshal should phone organiser when marshal intends to leave their station.	Low

5	<b>Pusher Off</b>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	Medium	<p>This is not essential and should not be included. On level 1 the pusher can be re-introduced, but it may be good practice to provide a box of nitrile gloves*, but again this is not essential, as under level 1 social distancing is no longer required.</p> <p>Official should place themselves in excess of the distance currently advised by government guidance.</p>	Risk eliminated
	<b>Official at start (to check competitor has correct start number and rear light switched on and working)</b>		Medium		Low

	<b>Pusher Off – hill climbs</b>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	Medium	<p>At hill climbs it is preferred to dispense with a person to hold up the rider. However, if the gradient requires it at the start, the following should be considered; a portable stand for the rider to hold, this would require wiping with a disinfectant wipe after each use. Or alternatively a person to hold the rider. That person should remain a minimum of two metres away until 30 seconds before the rider is due to start and must be wearing a face covering and eye protection. That person should have a box of nitrile gloves* and a bag for depositing used gloves. That person should be in a low risk category (no underlying health risks, under 50 and not overweight); they should wear nitrile gloves* and conduct a safe glove change (as per CTT documents) after holding up each rider. When less than two metres from the rider that person should not speak.</p> <p>For hill climbs, there should not be a 'catcher' for competitors as they finish the event.</p>	Low
	<b>"Catcher" (hill climbs)</b>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	Medium		Risk eliminated

6	<b>Start Area</b>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	Medium	<p>Organiser to assess space based on current social distancing guidance, ensure the space given is from rear of bike to front of next bike and mark.</p> <p>In pre-race information riders told not to arrive earlier than the amount of spaces available (e.g. 3 minutes before if only 3 spaces available).</p>	Low
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7	<b>2up + TTTs + tandems</b>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	High	<p>Any TTT team (to include a 2up) entered into a race including reserve can enter any TTT as such a team; however those individuals must not form any other TTT team (as reserve or main team) until clear 14 days after the last ridden event. They all should be considered linked for the purpose of track and trace.</p> <p>TTT teams should stay separate from all other teams pre and post race.</p> <p>Competitors riding a tandem can be allowed if both competitors are from the same household or support bubble as defined by government guidance. Any other tandem pairing is permitted although must allow 14 clear days before forming a different tandem pairing.</p> <p>To avoid misuse of both the TTT (to include a 2up) and tandem system or the support bubble scheme - teams, tandems and support bubbles are to be notified by email to <a href="mailto:stewart.smith@cyclingtimestrials.org.uk">stewart.smith@cyclingtimestrials.org.uk</a> Each competitor will need to provide their name, CTT ID number and riding partner. That competitor will receive confirmation of registration to be sent to race organiser to confirm eligibility to ride outside of household.</p>	Low
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8	<p><b>Time Keeper/Starter/Finish TK/Finish Circuit TKs</b></p>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	Medium	<p>The start TK should use their own personal vehicle. The window on the driver's side should be closed, the heater/blower set to recirculating air or off. The opposing passenger window should be closed but can be open a crack if essential. The TK can tap on the window to get the riders attention and count down visually by hand.</p> <p>The protection offered by a physical barrier in an open air environment makes this Low risk.</p> <p>Where a car cannot be used the TK should place themselves in excess of the distance currently advised by government guidance and as far as possible, this is NOT the preferred option.</p> <p>Competitors must not leave any personal possessions with the time keeper.</p> <p>For finish line TKs and circuit TKs the vehicle requirement is less essential. Instead all competitors must be advised NOT to stop at the finish and continue on; the TK should be the distance currently advised by government advice from the road side as if social distancing from an individual.</p>	Low
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9	<b>Competitors</b>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	Medium	<p>Competitors on entering should be informed that they should not attend if they feel ill in ANY way especially if they or family members have any symptoms.</p> <p>They should be told that an elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind, and that they should DNS and leave immediately and not go to the start line if they feel this is the case.</p> <p>It is preferable for all warm ups to be conducted independently and ideally competitors should warm up on the road individually. At the discretion of the organiser the use of turbo trainers can be considered if warming up is carried out independently away from the event HQ, or where the HQ has a sufficiently large car park so to allow an absolute minimum of 2 metres social distancing from all others to include those walking past eg. any thoroughfare or common route.</p> <p>Competitors on finishing should not stop at the finish and should not loiter at the HQ/car park. Upon completion of their ride all competitors should sign out promptly and having done so then pack away and leave immediately.</p> <p>Unless using a skinsuit with transparent pockets all competitors must bring their own safety pins to secure their number.</p>	Low
10	<b>Spectators</b>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	<p>Medium for Hill Climbs</p> <p>Low for other events</p>	<p>The risk of groups gathering and social distancing being maintained is higher at high profile events, particularly hill climbs. As such all documentation should point out that those not competing should not be encouraged to attend.</p> <p>For hill climbs, where road closures are implemented; all access, pedestrian and vehicular should be restricted to competitors and officials only.</p> <p><b>Spectators are not protected by the legislation that allows the for the event to take place and could find themselves liable to prosecution.  </b></p>	Low

11	<p><b>Support Crews for 100 Mile/12 Hour TT's</b></p>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	Medium	<p>Support crews should consist of the same household or if not from the same household as few as possible. (As current rules allow) each support vehicle must ensure when stopped it has sufficient space to provide the government advised social distancing space in all directions so that each support crew will be minimum of twice the distance from the next this is to ensure that people remain in a 'safe box' to conduct hand-ups.</p> <p>Bottles should ONLY be retrieved by support crew; it is suggested that where that person does not live in the same household that nitrile gloves* are used and the dropped bottles are deposited in a bucket of hot soapy water and NOT reused during the event.</p> <p>This should be the responsibility of the supporter/competitor and not the organiser. The supporter is advised to change gloves after retrieving/completing a hand-up.</p> <p>All rubbish must be collected afterwards.</p> <p>Alternatively if current government guidance does not support the above, riders may be self-supported, not allowed support crews, and have an allocated area for storing any spare food and drink.</p>	<p>Low</p> <p>Or Risk eliminated if self-supported.</p>
12	<p><b>Event HQ - Changing Facilities</b></p>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	Medium	<p>Should not be as not essential; the lack of changing facilities should be documented in any pre-race information.</p>	<p>Risk eliminated</p>

13	<b>Event HQ - Parking</b>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	Medium	<p>People should be reminded that they should NOT be socialising with others in the car park and should upon leaving their car, get their bike out and go straight out onto the road to warm up; a large collection of people has a negative perception and should be avoided.</p> <p>Consideration for taping off/coning every other bay (or covering it in pre-race information) to allow social distancing measures to be easily maintained.</p> <p>Car parks need to be sufficiently large for number of entrants; this may reduce maximum field size. Organisers should be mindful of the number of entrants and the car park size of any venue.</p> <p>Where this is not possible, it may be helpful to use a range of parking areas and identify their location which should be stated on the race information.</p>	Low
14	<b>Event HQ - Sign on/out sheets</b>	The contamination risk of infected material transferring via the sign on sheet	Low	<p>Provide hand sanitiser prior to sign on and post sign on. PHE signs visible to show how to wash hands with hand sanitiser.</p> <p>Pre-race information to inform riders to bring own pen. No pens provided.</p> <p>Competitors to queue individually at distance as currently advised by government advice for signing on/out and for collection of number.</p>	Low
15	<b>Event HQ – Prize giving/Results Board</b>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	Medium	All competitors informed no results on site, and no prizes supplied on the day. Results posted online as soon as practicable.	Risk eliminated

16	<b>Event HQ – Toilet Facilities</b>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	High	<p>Signs showing one in one out, correct distances for taped lines outside the HQ/toilet building.</p> <p>Queue outside the premises not inside, a simple one-way system where feasible.</p> <p>Toilets with multiple cubicles can be used where there is sufficient social distance between. This may require marking some urinals or cubicles as 'Out Of Order' to facilitate this, e.g. the middle cubicle of a set of three.</p> <p>Hand washing signs, directed to wash hands before and after.</p> <p>If there are windows in the toilet open fully. If there is a door into the toilet area (not cubicle) keep open unless it is a fire door.</p> <p>Well signed. No changing signs up, PHE hand washing signs.</p> <p>Briefed in start sheet.</p>	Low
17	<b>Event HQ – Race Numbers</b>	The contamination risk of infected material transferring via the race number	Low	<p>For Type A events, use disposable numbers and post to competitor; alternatively, pre-cleaned numbers (i.e. use approved disinfectant wipes (not baby wipes) or submerge and wash with hot soapy water) should be made available alongside where competitors sign on. When washing it is suggested that that nitrile gloves* are used. Competitors to queue individually at distance as currently advised by government advice for signing on/out and for collection of number. Competitor to deposit number in bucket of hot soapy water after finishing event and in doing so maintain social distancing at distance as currently advised by government advice. For Type B club events, consider giving a competitor one number for the competitor to retain and to be used for all such club events for the duration of the season.</p>	Low
18	<b>Event HQ – Entries on the day (Type B)</b>	The contamination risk of infected material transferring via cash.	Low	<p>Where possible use PayPal, bank transfer or similar services.</p> <p>Competitors can be asked to pay in advance.</p> <p>Volunteers handling cash to be provided with handwashing facilities; where this is not possible, consider hand sanitiser or nitrile gloves*.</p>	<p>Risk eliminated if no cash used.</p> <p>Low Risk</p>

19	<b>Use of nitrile gloves (See boxes 3, 5, 11, 17 and 18)</b>	The risk of contamination if not used correctly.	Medium	Use in accordance with instruction attached. Nitrile gloves to be changed for any new activity, e.g. when wiping numbers, all numbers can be washed using one pair, such gloves then to be removed after task completed and discarded. Gloves to be discarded in waste bin or if no bin available, into a plastic bag and subsequently disposed of.	Low
20	<b>Event HQ – Venue</b>	The risk of coming into close contact with other individuals who may have COVID-19 and infect them.  The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.	Medium	No refreshments offered or supplied.  The internal venue is not to be used, all sign on activities to be conducted outside, consider a gazebo (with open sides – air flow is key) for potential adverse weather/extreme direct sunshine.  Sign-on to be unstaffed; and all instructions to be by pre-race information and signage.  Where no toilet facilities are required (eg Type B Events) consideration should be given to dispensing with an HQ building entirely, and creating an “HQ Area” in open space.	Low
21	<b>Interior spaces/areas where social distancing cannot be applied</b>	The risk of coming into close contact with other individuals who may have COVID-19 and infect them.  The risk of coming into close contact with others, whilst they have COVID-19 and infecting others	High	If however some internal facilities are required, (this would be unusual – see item 20 above) whilst inside or face to face at less than one metre for more than 60 seconds, or less than two metres for more than 15 minutes, should consider the use of a face covering, as defined by current government guidance; this is NOT PPE for the wearer but to reduce any asymptomatic person infecting others. nb. social distancing over two metres or a physical barrier is a preferred option.	Low

22	<p><b>Local lockdown</b></p> <p><b>(a) Restrictions in place in course area</b></p> <p><b>(b) Competitors from affected areas</b></p> <p><b>(c) Preventative measures introduced locally (eg. by local council) in course area</b></p>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p> <p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p> <p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	<p>High</p> <p>High</p> <p>High</p>	<p>Organisers can continue to organise and plan for the event. However, if restrictions are in place that prevent organised sport or 'all but essential travel' are still in place 5 days prior to the event, to allow sufficient notice, the event should be postponed or cancelled.</p> <p>Where any local lockdowns are in place that prevent travel or organised sport the pre-race information should state that any competitor who resides in an affected area should inform the organiser and such competitor should not start the event.</p> <p>Any competitor with a home address situated within such an affected area to inform the organiser and such competitor should not start the event. The onus is on such competitor to inform the organiser.</p> <p>In the event of a "local lockdown" where Covid-19 preventative measures are introduced locally, if such measures allow for organised sports, the event can still proceed. If however activity is restricted to exercise only, the event cannot take place.</p>	<p>Low</p> <p>Low</p> <p>Low</p>
23	<p><b>Race Format</b></p>	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	<p>Low</p>	<p>By its very nature time trialling lends itself to reviving competition prior to other forms of sport.</p>	<p>Low</p>

Risks based on advice and scientific direction of SAGE/PHE/Government. Other sources are not considered in this risk assessment.

# Drafting – Social Distancing.

- Drafting is detailed in CTT regulations:

*If you should catch up another rider you should try to pass as quickly as possible and must not in any other circumstances ride close behind so that you take shelter from the wind.*

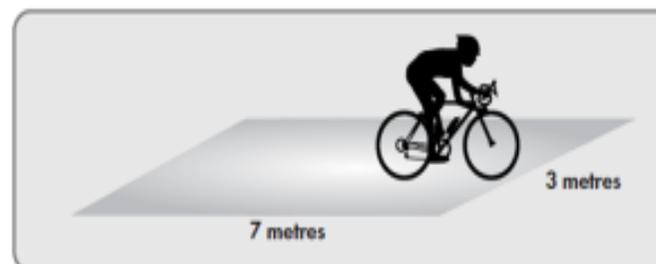
*You must set your own pace and not use another rider as a pace maker. The onus on avoiding company riding shall be on the rider overtaken.*

*Nor is it in order to ride alongside and even to ride a few metres behind for any appreciable distance. In the spirit of the sport, caught riders should not disturb the performance of the rider catching them by re-passing and/or riding closely behind them, except when they can sustain that move. This is generally considered to mean that the caught rider should allow a reasonable gap to develop of some 30 to 50 yards/metres.*

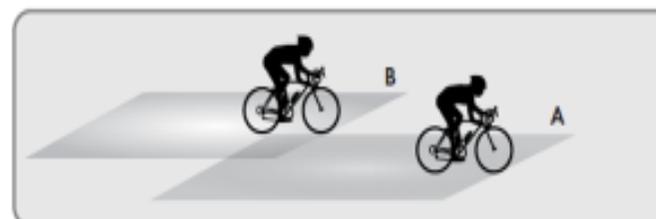
*This far exceeds that of 2m guidance (note this is not a legal requirement in England) and for assistance and the avoidance of doubt, when considering infractions of drafting (ensuring the RA is being adhered to is essential) it maybe helpful to use the triathlon drafting box:*

## Drafting Diagram

**Diagram 1** Distance of drafting zone for ALL competitors



**Diagram 2** Drafting



A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to re-pass A. A must move to the Left Hand Side of the road when safe. B can only overtake A on A's Right Hand Side.



**PARENTAL CONSENT  
TO BE SIGNED BY PARENT OR GUARDIAN OF ENTRANTS  
UNDER THE AGE OF 18**

To entry of rider under 18 years of age during the (year) .....**2021**..... season in

(name of club) .....**Barrow central Wheelers**..... club events

I (Name and address) .....

.....

.....

Being the parent (or guardian) of .....

Who was born on: .....

**HEREBY AGREE** to his/her participation in the club events promoted for and on behalf of Cycling Time Trials under its Rules and Regulations and **DECLARE** as follows:

1. I understand and agree that my said son/daughter participates in such events entirely at his/her risk and without liability whatever on the part of the promoter, promoting club, Cycling Time Trials, its Chairman, directors, district committee members, officers and officials of member clubs, event secretaries (promoters), timekeepers, marshals, course measurers, caterers or helpers in the conduct of the event in respect of any injury loss or damage suffered by him/her however caused.
2. I understand that the function of the marshals in such events is to do no more than indicate the precise spot at which the rider should turn or the direction he or she should take and that the responsibility for safely negotiating a turn or any other change of direction must rest with the rider alone.
3. I understand further that all competitors in or in the vicinity of the event must observe the law of the land relating to road travel and when racing must ride entirely alone and unassisted.
4. I am satisfied that my son/daughter is sufficiently responsible and experienced to assume full and entire responsibility for his/her own safety whilst engaged in a competition of this kind on the public highway.
5. As an entrant to this event your son's/daughter's information may be shared on the event or promoting club website, social media pages or in emails sent by or on behalf of the promoting club. This data will only be shared in relation to your son's/daughter's participation in the event, e.g. the list of entrants, results or event reports. This data will be limited to your son's/daughter's name, gender, age or age category, the name of the affiliated club or team of which your son/daughter is a member and your son's/daughter's finishing time and/or position. A copy of the Cycling Time Trials data privacy notice can be accessed on the CTT website at <https://cyclingtimetrials.org.uk/articles/view/318> and I consent to my son's/daughter's personal data being used for such purposes.
6. I agree to my son/daughter participating in the Drug Testing Programme whenever required to do so.

**Signed**..... **Dated**.....

Photocopied signatures are not acceptable

**Witness: (Signature, name, address and official position in club)**

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