

ATHLETE INFORMATION PACK – Sprint Triathlon COVID adjusted

COMPETITOR WELFARE

IF WITHIN THE LAST 14 DAYS YOU HAVE BEEN ILL, HAVE HAD CONCUSSION (dizzy spells or blackouts) OR HAVE ANY SYMPTOM OF THE VIRUS YOU MUST WITHDRAW FROM THIS EVENT. IF YOU HAVE ANY MEDICAL CONCERNS REGARDING THIS EVENT MAKE AN APPOINTMENT WITH YOUR GP IMMEDIATELY AND TAKE PROFESSIONAL ADVICE. WE WILL REFUND YOUR ENTRY FEE OR TRANSFER YOU TO ANOTHER OLT EVENT.

Covid-19 Health Assessment:

If you were hospitalised due to Covid-19, you should undergo a form of health screening prior to taking part in a triathlon or multisport. This screening is best led by a doctor with specialist training in sports medicine. However other doctors may feel competent to make decisions on your fitness to compete and to decide any appropriate investigations that might be required.

- If you were not hospitalised due to Covid-19, but self-isolated having shown symptoms at any time, you are also recommended to undergo a form of screening.*
- If you have felt entirely well during the pandemic, you are not routinely recommended to undergo health screening, but it is something to be considered as part of your normal health monitoring for the health-conscious competitor.*
- Your GP should be able to guide you on what level of screening you may require, and who is the best person to assist you in the process.*

If you have entered multiple events, unless you develop new symptoms at any time, a single screening assessment is sufficient to cover all triathlon and multisport event entries.

England - <https://www.nhs.uk/conditions/coronavirus-Covid-19/>

This event has been permitted by British Triathlon under their Covid Guidelines and is designated as a ‘non-race’ event, as such there will be no chip timing. The reason for this is to remove the pressure from the athlete to complete a maneuver that may compromise the social distancing guidelines. If a situation occurs where an athlete feels there will be an issue (eg a pinch-point) between themselves, another athlete, a member of the public or event marshal they should hold back until it is clear and it is safe to complete the move – act responsibly at all times and be polite to other park users. (Post-event; you can always adjust your personal watch time to account for such disruptions).

Timetable	Type	Venue
6.00 am till 7.00 am	Registration	Top car park near Rangers Office
6.00 am till 7.20 am	Transition	Next to the lake – down pathway from the top car park
7.20 am	Swim	Queue from water entry along side transition
7.30 -7.40 am	Swim start	In the water – individual start

8.30 am till 9.30 am	Finish	Entry to transition
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BTF and government guidelines; there are to be no spectators at this event. The park is a public space with lots of walks and lakeland views we must prevent groups forming around the event.

The Country Park entry gates will be opened early from 6am, there is a height barrier to the car park. Details can be found on the TMBC website:

<https://www.tmbc.gov.uk/services/leisure-and-culture/parks-and-open-spaces/parks-and-open-spaces-outdoor-facilities/leybourne-lakes-country-park>

The parking area has height restriction barriers and large vans need to park immediately on the right, cars with roof bike racks can park there and remove the bikes and then continue on to parking place. This is a public car park and the parking fee is £1.20 via machine or on-line card payment. The male and female toilets in the main car park **may well be closed** (depending on the easing of lockdown). There will be portable toilets available near the transition area and sanitiser available.

Consider bringing with you your own hand sanitiser, a face covering and a small bag (not a box) for transition as there will be no bag drop area or changing facility. Check the weather on the days before the event to make sure you have the correct change of clothes.

British Triathlon Competition Rules:

whilst transition is live all competitors should be familiar with the latest version of the

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2020.pdf>

Please remember – no personal mobile devices; headphones, in-ear or any other wearable audio equipment to be used during the event (the event starts when you enter transition area and ends when you remove your equipment and leave transition).

Please do not drop litter on the roads or within the park. TMBC has a ‘Take your litter home’ policy.

Registration:

Registration will take place on the day in the main car park and will open at 06:00. Respect the social distancing guidance at all times. Confirm to registration that you have no COVID symptoms, a non-contact skin temperature check will be taken at registration. Confirm who you are and provide photo evidence using either your BTF licence or a photo ID Card then collect your race numbers and proceed to transition. Please remember to bring your BTF licence if you registered with one and your own bright coloured swim hat. Registration will close 7.00am – 30 minutes before the first swim start time. Do not lose your bib number, we are not using body markings so the bib number will be used to verify it matches the sticker on your bike and your transition bag when you leave the event.

There is a first aid area in the Water Sport Centre for basic treatment only.

Withdrawing from the event after it has commenced:

Should you withdraw from the event you **MUST** inform the EVENT DIRECTOR or the BTF Technical Official as soon as possible so every competitor can be accounted for. If you feel you are suffering or have symptoms of the virus at the event proceed to First Aid Area at the transition and request a temperature check. Then remove your bike and baggage from transition when authorised - having the bag and bike numbers check to match with your bib number.

Transition Area:

It is your responsibility to ensure your bike is roadworthy and safe. You will not be allowed to enter or leave with your bike without matching sticker numbers on the bike, helmet, or bib number.

Before you enter transition YOU MUST wear a face covering, have your helmet secured, ensure the bike's brakes and gears work, stop ends are fitted into handlebars, wheels are secure tight in the frame, and the bike has no electric pulsion etc. A marshal will visually inspect your bike helmet is the correct standard and fitted securely. The marshal will advise where you can rack. The racking bars have been wiped down with a sanitiser solution and the are prepared for extra room than 'normal', please be patient and respect others around you at all times. Transition is a busy area and we require your commitment to be sociable.

BAGS – new covid guidelines allow you to have a bag in transition and it must have your number sticker fitted and visible. The bag is to be stowed at the back of the racking under or to the side of your bike. None of your equipment must present a tripping hazard.



SWIM 750m open water, rolling start singular non-competitive:

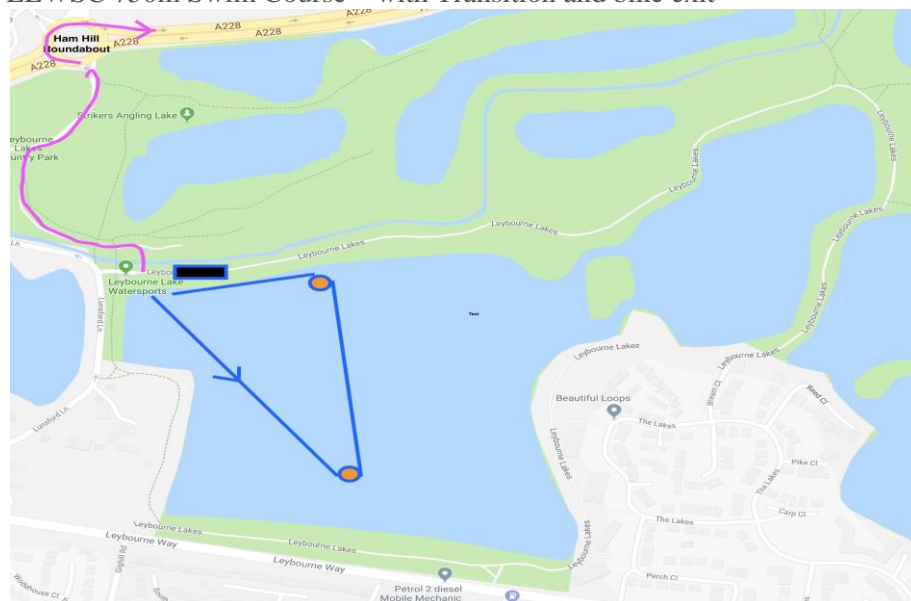
Please remember to wear a **brightly coloured swim cap** at all times in the water. If this is your first event or you are not familiar with open water swimming or apprehensive please talk to the registration team and we will issue a white cap and answer any questions you may have.

We will be filtering swimmers into the water in single line position and commence swimming by walking forward from a standing start. Ideally you should have had training in Open Water Swimming – see additional information at the end of the pack.

Should you require assistance in the water, please make sure you are in a safe position, turn onto your back and raise your arm to wait for assistance. **DO NOT** enter the safety boat, listen for instructions, wait and decide if you wish to continue. The kayaks will be positioned along the course for safety management and course guidance, you must follow any instructions given.

On completing the swim give yourself time to regain balance and stability as you exit. There are a few concrete steps on exit and these can be difficult in bare feet so be careful, do not start your sprint to T1 too early. A marshal will be at the exit should you have any difficulty.

Picture - LLWSC 750m Swim Course – with Transition and bike exit



The lead swimmers will be led around the **750m course** by a kayak in a triangle format with two large bright yellow/green inflatable turn buoys.

Transition 1 (T1):

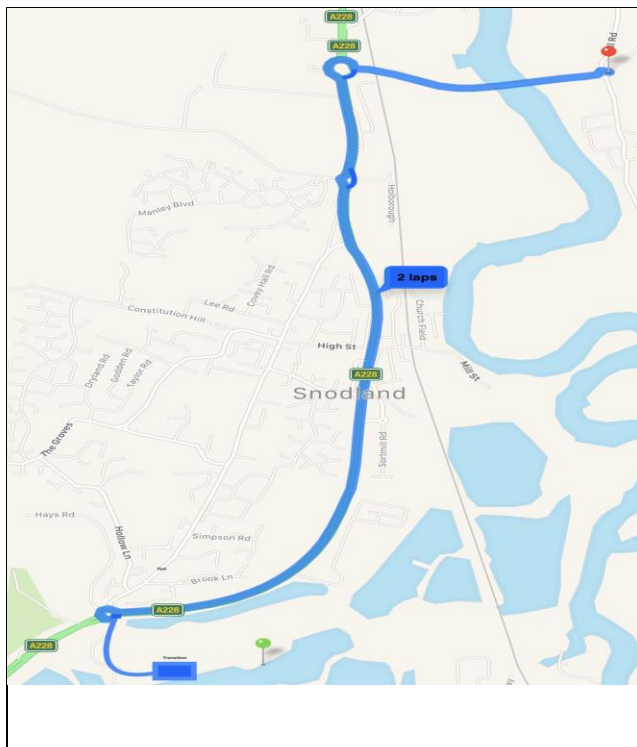
On leaving the water take care as the route is a grass incline and may be wet and slippery. Make your way to the ‘SWIM IN’ around the top end of transition. Bike helmets must be fastened before removing your bike from the rack. If the area of your zone is busy and may compromise social distancing inform the others you are waiting and then find a ‘quiet area’ and wait. Relay teams are required to hand over with a the three “COVID HAND SHAKES (knuckle bump, elbow touch and foot tap [this should give our transition marshals a laugh]). On leaving transition proceed on foot with your bike to the ‘Mount’ point which is **AFTER** the speed hump.

BIKE:

THIS IS DRAFT ILLEGAL RACE – please ensure you are familiar with The British Triathlon Competition Drafting Rule. Motorbike Officials will be on the course and will be reporting anyone drafting. Warnings will be given verbally or by the motorbike official pointing at you – two warnings = disqualification. This is not a closed road route so it is very important for your safety that you have awareness and consideration of other road users and members of the public at all times following all Road Laws. Road hazards may include gravel, pot-holes, ruts and unsociable drivers so ride safely and sensibly and only overtake where and when safe to do so.

In the event of an emergency or equipment breakdown please make your way to the nearest position of safety attract attention of the Motorbike Official and follow their instructions. If you pass a competitor in difficulty, please report this to the next marshal (your help will be very much appreciated).

The bike course starts by crossing the wooden bridge to the gravel park access road – care must be taken as it may be slippery. You will pass over a few speed bumps on leaving the Country Park - please take care.



This is a two-loop course.
 From the park athletes must have a foot unclipped and be prepared to stop at main junction out of park to roundabout (O#1). Proceed onto the roundabout with caution and turn right heading north along A228, dual carriageway. There is a light controlled pedestrian crossing. Go straight over the Holborough Roundabout (O#2), straight on (north) to St Peter’s Village Roundabout (O#3) and turn right, cross the bridge to roundabout(O#4). Here you go around and back over the bridge. If we extend the course you will go straight across roundabout east on new road passed school on left. 500m to turn around point. Return on route to Roundabout)O#1 for lap 2. At the end of the second lap athletes keep left and return into the park at round about O#1 and proceed with caution back to transition.

The exit from the park to Ham Hill roundabout #1 is a **FOOT UNCLIPPED** point at the junction. This

must be adhered to even if it takes time out of your event. This is for your safety as you are entering a main A Road. Take the 4th exit continuing along the A228 as shown below.

When you have completed your **2 laps** of the bike course please dismount your bike **BEFORE** the speed ramp and then continue into Transition. It is recommended you make yourself familiar with the bike course prior to the event.

Transition 2:

Please re-rack your bike in your place on the racking, then remove your helmet before commencing the run. Respect other athletes and maintain social distancing while passing through transition – it is only a short time to be patient. Relay teams are required to hand over with a the three “COVID HAND SHAKES (knuckle bump, elbow touch and foot tap [this should give our transition marshals a laugh]).

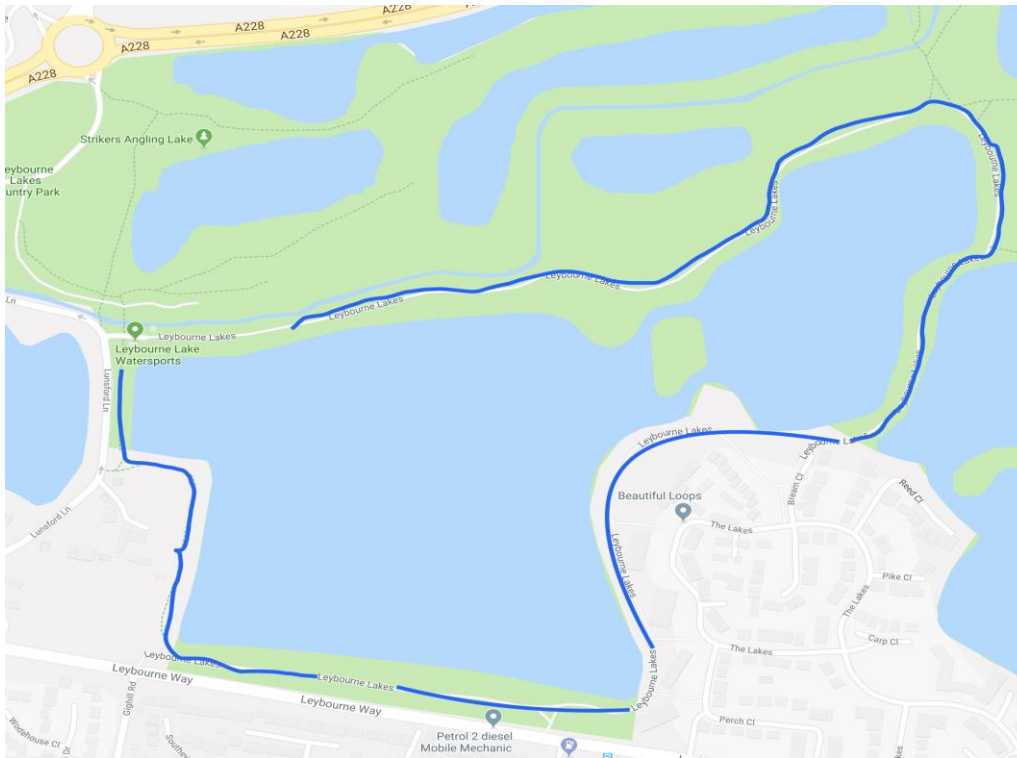
There will be no drink stations on the run, if you wish to run with a drink either use the drink bottle from your bike or have a separate run bottle to take with you. Do not discard rubbish in the park you must take empty bottles and rubbish home with you.

Exit at the ‘Run out’ point at the top right corner of transition (where you ran in from the swim) and then run with the lake on your left side. If there is a faster runner coming from the left as you exit, please give way for them to pass and then exit transition.

RUN:

You will need to complete **2 laps** of the lake (see picture below), the surface is a mixture of path and hard packed type-one finish. There may be members of the public in the park and loose dogs be careful around dogs and polite at all times to other park users. Please run with the Lake on your LEFT side and on the LEFT side of the track. The path is quite wide and runners must act responsibly at all times, taking care, being aware of others and manage social distancing when passing. Please be courteous at all times to other park users. The track is gravel and a bit chalky but drains well if it is wet. It is even in most places but there is a camber at the start of the run. At the end of the first lap go to the **left** of transition and start your **second lap**. At the end of your second lap go over the finish line. If you feel you need to discharge mucus when others are around, use your hand to collect it and wipe down onto your lycra.

Picture : Run Route 2 laps of the 2.5kms around lake perimeter (lake on left shoulder)



Finish:

As you cross the finish line collect your Ocean Lake Sprint Tri finisher's medal from the box and proceed directly through to transition. If you are injured inform a finish line marshal and you will be directed to the first aid area located at the Water Sport Centre.

The finish will then take you straight into Transition Area. Be aware of others who may still be completing the bike phase and entering T2, respect their progress and space while you proceed straight to your bike area, collect you bike and bag and exit transition via the exit point. A transition exit marshal will check you bib number with your helmet, bike and bag before you exit. Please make these numbers easily visible to make the exit as efficient as possible. Remember to take all your kit and dispose of rubbish. If anyone leaves equipment then it will be left at the Water Sports Centre for collection however this will only be held for 1 week.

Penalties:

As this is not a timed event Time Penalties will be not be issued. The BTF's Technical Officer may stop you for an advisory discussion and explanation of a rule infringement. If a Disqualification is issued then the athlete may be stopped in Transition or on the run. Right of appeal against a penalty will only be allowed if British Triathlon Competition Section 13 is adhered to.

Leybourne Lakes Country Park

The Country Park is a public area and you must always be courteous to other park users. There may be a mobile refreshment shop open on site located near transition area. From the A228 access is via the Ham Hill roundabout and into the main entrance to the park. Please use the overspill car park first do not drive to the Watersport Car Park. Do not go down Lunsford Lane or park on that road.

The Health Commitment Statement

Our mutual agreements to this race are in the terms and conditions of acceptance when you registered on-line. A brief summary is given below.

Your health is your responsibility, you **MUST** complete the PRE-EVENT HEALTH QUESTIONNAIRE

honestly and disclose any covid symptoms that may put others at risk. The Organiser is dedicated to helping you take every opportunity to enjoy your participation in the Event safely. With this in mind, we have carefully considered what we can reasonably expect of each other. This event has a basic first aid cover and an emergency response Hospital 3 miles away.

Concussion within 4 weeks of the event, seek medical advice before racing, concussion within 14 days of start our recommendation is to withdraw and race another day. Some other useful information for medical conditions can be found from your GP and:

Epilepsy Society - <http://www.epilepsysociety.org.uk/swimming-and-water-sports#.VsGxiFnLITI>

Open Water Swimming and its effect on your body-

<https://www.outdoorswimmingsociety.com/category/features/survive/cold/>

Feedback

We welcome any feedback about our events and how we can improve so please contact us. Thank you for reading to the end. We hope you enjoy the event.

TEAM OLT.