BARRACUDA TRIATHLON CLUB DUATHLON SERIES BRIEFING

Welcome to the Barracuda Triathlon Club Duathlon Series. You are receiving this as a registered participant in the 2021 duathlon series. In line with current Government COVID guidance, British Triathlon Federation are recommending that event briefings take place prior to the event to minimise the need for participants to congregate in large groups. Therefore, in accordance with our subsequent Risk Assessment action plan (which can be found on the Barracuda Triathlon Club website), please read this briefing carefully prior to turning up for your event.

PRE-EVENT:

* Prior to each event you must complete the form at the end of this briefing and bring it with you to the event and give to the Event Organiser. Failure to do this will mean that you will be unable to participate in the event.
* Read this briefing to ensure you are aware of what to expect at the event.

EVENT COURSE DETAILS:

* The format of the series is as follows:
  + Wed 12 May - 9 miles bike/2 miles run;
  + Wed 26 May – 2 miles run/10 miles bike/2 miles run;
  + Wed 9 June – 9 miles bike/2 miles run;
  + Wed 23 June – 2 miles run/15 miles bike/2 miles run;
  + Wed 7 July – 9 miles bike/2 miles run;
  + Wed 21 July – 4 miles run/15 miles bike/2 miles run;
  + Wed 4 August – 9 miles bike/2 miles run;
  + Wed 18 August – 2 miles run/10 miles bike/2 miles run;
  + Wed 1 September – 9 miles bike/2 miles run;
  + Wed 15 September – 9 miles bike/2 miles run.
* The start time is 7:00pm. The start time of the 1 and 15 September events is 6:30pm.
* Maps of the routes will be emailed to you a few days before each event and the courses will be marshalled by Club volunteers.
* Please ensure that you are familiar with the route of the event in which you are participating.

AT THE EVENT:

* Keep 2 metres apart from other people throughout your time at the event.
* Maintain high standards of hygiene throughout the event - take your own sanitiser, do not share equipment and try not to touch public areas such as barriers.
* On arrival, please give your form to the Event Organiser, who will advise you where you should leave your bike and items in the transition area, which will be marked out.
* The Event Organiser will advise you of your start time and will show you where you should wait to be summoned to the start line.
* Please always follow the instructions of the marshals to ensure your safety and the safety of others.
* In line with the current guidance, please note that spectators are not allowed to accompany you.

AFTER THE EVENT:

* Do not congregate at the finish area.
* Collect your bike and equipment as soon as possible and leave the transition area.
* Results will be posted on the Club website as soon as possible following the event.

IN SUMMARY:

We are delighted to be able to go ahead with the Duathlon Series and organising actual events rather than virtual, and it is imperative that to enable the Club to organise the Series through to the last event, all those involved adhere to the actions and guidelines put in place. Anyone who feels unable to comply will be asked to leave to ensure that the safety measures put in place are not compromised and that importantly we continue to have the support of the local community in putting on the event.

Most importantly, please enjoy your race and race safely!

PLEASE DO NOT FORGET TO COMPLETE THE COVID TRACK AND TRACE FORM ON THE NEXT PAGE OF THIS BRIEFING SHEET!

BARRACUDA TRIATHLON CLUB COVID TRACK AND TRACE EVENT PARTICIPATION FORM

This form must be completed on the day of the event by all those attending. Please bring a completed form with you to each event you attend. If you answer NO to any of the questions, please DO NOT TURN UP to the event.

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| --- | --- | --- |
| PARTICIPANT NAME |  | |
| CONTACT PHONE NUMBER |  | |
| EMERGENCY CONTACT NAME |  | |
| EMERGENCY CONTACT PHONE  NUMBER |  | |
| DATE OF EVENT |  | |
| PARTICIPANT TYPE | PARTICIPANT | VOLUNTEER |
| PLEASE INDICATE YOUR COMPLIANCE WTH THE FOLLOWING: |  | |
| I confirm that neither I nor any member of my family have no symptom of COVID | YES | NO |
| I confirm I have and will maintain good hygiene prior to attending the event (washing hands, using hand sanitiser etc) | YES | NO |
| I confirm I will complete the reporting form if I develop symptoms after the event or if I subsequently test positive for COVID. (Reporting Form available on Club website) | YES | NO |
| I confirm I have not been requested to isolate a) having returned from abroad on the Government’s current exemption list; b) as requested by NHS Track and Trace 0r c) having been exposed to a person infected with COVID | YES | NO |
| I confirm I give permission to Barracuda Triathlon Club Secretary to pass on my contact details to NHS Trac and Trace system if requested. | YES | NO |