

# Slent Road Team Time Trial

CAPE METROPOLE CYCLING ASSOCIATION

Referred hereunder as Western Province Cycling Association or WPCA



# Event Guide

## 1. Details of the Event:

Date:	10 April 2021
Time:	8h00 to 13h00
Venue:	Slent Road Durbanville Agricultural
Hosts:	Cape Metropole Cycling Association

## 2. Race Personnel:

Race Director	Graham Ward	083-666-1551
Race Organiser:	Sue Kirk	083-578-9375
Timing:	Christhonie Geldenhuys	082-671-4099
Safety Officer:	Mark Syce	083-318-9379
Co-ordinator:	Mike Aaron	082-578-0414
COVID Officers:	Megan Burns	084-548-2535
Media / Commentator	Shaun Peters	082-704-2394
Media / Photographer	Theo Bruwer	082-898-4975

## 3. Emergency Services:

Hospitals	Mediclinic	021-980-2100
	Tygerberg Provincial Hospital	021-938-4911
Fire Department	Durbanville	021-444-7290
SA Police Services	Durbanville	021-970-3800

## 4. Officials:

To be confirmed by CSA

## 5. General Provisions:

The annual road cycling Team Time Trial at Slent Road will take place on 28 March 2021. This race will conform to the regulations currently in place to address the COVID-19 pandemic, as promulgated by the South African Government and as updated from time to time. At the time of producing this document, we have just had a relaxation from Level 3 to Level 3a however the updated regulations are not available at this time.

This race also conforms to the Road Racing Regulations of the Union Cycliste Internationale (UCI) and Cycling South Africa, except where herein provided.

Racing format may also be modified at the discretion of the chief commissaire should this be necessary.

## 6. Entries and Registration:

- Online entries will open for this race on or before 30 March 2021.
- All riders must enter individually and Team Captains must email the Team Name and members to [events@wpcycling.com](mailto:events@wpcycling.com) or [sue@myriadevents.co.za](mailto:sue@myriadevents.co.za)
- Race entries will only be for participants from junior level and upwards, but not for anyone who may have underlying medical problems such as high blood pressure or diabetes.
- Each participant will need to fill out the online COVID pre-screening section of the entry form prior to being able to enter the race. Please answer these questions honestly as we don't want to risk exposing the rest of the participants and event staff to possible infection.
- Anyone who does not pass the pre-screening will not be allowed to enter.
- There will be NO entries on the day as medical pre-screening is a necessity.
- Only cyclists with valid CSA memberships will be allowed to enter the race.
- Day licenses will be available at the new cost of R50 each.
- Rider licenses will be verified before the time so there is no need to present them at registration
- Riders are not considered registered until all administrative requirements have been fulfilled and entry fee has been paid in full.

## 6.1 Race Categorisation:

Teams of 6 riders will tackle the circuit twice with the time for the team being recorded when the 4th rider crosses the finish line.

Each team member must register and pay individually, then your Team Captains or a nominated member must email the Team Name and the names and ID numbers of all team members to [events@wpcycling.com](mailto:events@wpcycling.com). **We need this information by Thursday, 8 April!**

The individual time trial will take place over the same course, however this will only be one lap of 30km.

## 6.2 Rules for the Team Race:

- The Team / Club race will take place over 2 x 30km circuits.
- There are to be a maximum of 6 and a minimum of 4 riders per team.
- All members of a team / club are to be in the same cycling kit – no exceptions
- Each team will be allowed a team back up vehicle and manager.
- The Teams time will be taken on the 4<sup>th</sup> rider across the line.
- There will be a maximum of 2 people in the team car and both are to have the relevant approvals and certification by CSA. Anyone in a team car not adhering to this will cause the team support to be removed from the race.
- Team managers are to provide their details to the event management team prior to the race for vetting. Details to be sent to [sue@myriadevents.co.za](mailto:sue@myriadevents.co.za)
- In line with regulations published by CSA, 2020 Road Cycling Team Rules Document (effective 01.01.2020), team managers must have at least a Category C managers license. Should a manager not have a valid license issued by Cycling SA, he/she will not be allowed to form part of the convoy. This is a safety issue and will not be waived.
- The maximum height allowable for a follow vehicle is 1,66metres. Vehicles with a roof height of more than this will not be allowed.

## 7. Parking and Registration – Race Day:

- Parking for all participants vehicles will be at Perdeberg Winery, Vryguns Road.
- A COVID-19 screening area will be set up at registration. There will be 2 registration points so that personal distancing can be maintained. Race personnel, CSA officials, team managers and auxilliary personnel, such as paramedics and marshals, are also to be tested and their details recorded.

- Anyone failing to pass the required screening requirements will be asked to leave the race area immediately. Next of kin will be notified and the person concerned will be kept in isolation until someone comes to fetch him or her.
- Registration points will be set up in Slent Road. This will be close to where the start point is and riders are asked to only arrive at this point within 30 minutes of their start time.
- The necessity for social distancing entails that start batches will be kept separate prior to the races commencing. Participants will not be allowed to enter the registration area within 30 minutes of the commencement of their race. Tables will be set up some distance from each other and riders are requested to only register at the table with the distance that they entered.
- Team cars will be allocated a parking area near registration so that they can form the convoy when racing is about to commence.
- Officials parking as well as that of the event staff, will be in the same area.

## 8. Commencement of Races:

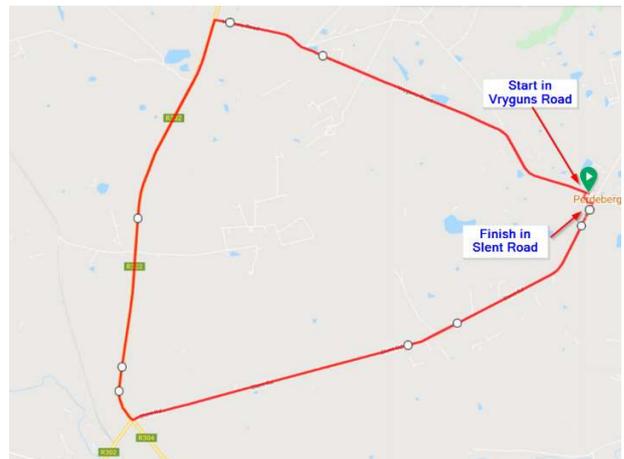
- Racing will commence at 8h00.
- Teams will be allocated start time prior to the race.
- Each rider will be sent an email confirming their entry, into which race they have entered, the earliest time that they are to be at registration and their start time.

## 9. Route Plan and Marshal Points:

The race starts at the side of Vryguns Road near the intersection with Slent Road. Cyclists proceed north west along Vryguns Road to the intersection with the R302. Another left onto this road for a distance of approximately 9km then a left back into Slent Road with the finish just before the stop street with Vryguns Road.

Each team of 6 riders set off at 2 minute intervals and do two of these loops.

The Individual riders will do one of these loops



### Intersection 1 – Vryguns and R302:

Could be quite busy as the R302 is the main road between Malmesbury and Stellenbosch. However, as there are no large bunches of riders, traffic assistance is not required. Marshals can manage this point.

### Intersection 2 – R302 and Slent Road:

Again, this road is fairly busy but this particular intersection is not normally busy. Traffic police are not required as the cyclists turn left into Slent Road and again, as there are no large bunches, the marshals can manage this.

### Intersection 3 – Slent Road and Vryguns Road:

Quiet intersection with little traffic. Marshals can manage this intersection alone. A hold point will be required on Vryguns Road to the left of the intersection as teams may swing wide when cornering as the angle is quite acute.



### Start and Finish Area:

The start is on Vryguns Road. The finish area will be on Slent Road near the intersection with Vryguns road.

### Parking Area:

Parking will be at Perdeberg Cellars. We have approached Perdeberg Cellars to allow the cyclists to park there, thus moving any potential congestion away from the start area. . As the start times are spread out over some time, cyclists will move away from the area as soon as their race is finished, thus opening up parking facilities for other cyclists.

## 10. Other Items:

- In line with the COVID regulations, there will be no spectators allowed at the event.
- While we will be having the registration point in Die Eike coffee shops grounds, we cannot take responsibility for vendor catering and COVID-19 however the management of the premises have assured us that they are compliant with all legislated requirements.
- We have striven, through manipulation of registration and start times, distancing of competitor parking and segregation thereof, to try and maintain the minimum requirement of 16 sq.m per person throughout the registration and race commencement process.

- We will be employing people on the start line to ensure that competitors keep a safe distance away from each other.
- Upon completion of the race, cyclists are to head straight back to their parked cars and leave the vicinity as soon as possible.
- There will not be a prize giving or podium presentation. Race results will be made available online within 24 hours of the completion of the race.

## Annexure A

# COVID-19 OPERATIONAL PLAN

## CAPE METROPOLE CYCLING ASSOCIATION

Referred hereunder as Western Province Cycling Association or WPCA

Developed by Myriad Events (Pty) Ltd

24 June 2020

### **PURPOSE OF THE OPERATIONAL PLAN:**

To ensure that all athletes, support staff and officials who will be returning to events do so in a manner which minimizes any effects to their health from the Covid-19 virus outbreak.

### **APPLICATION OF THE OPERATIONAL PLAN FOR NON-CONTACT SPORTS:**

The Government requires that a Covid-19 Operational Plan be developed prior to the reopening of a non-contact sporting code to the athletes. Cycling is one of the sports listed in Annexure A – Non-Contact Sporting Bodies as appended to the Amendment of directions issued in terms of Regulation 4(10) of the regulations made under Section 27(2) of the Disaster Management Act, 2002 (Act #57 of 2002): Suspension of Sport, Arts and Cultural Events as Measures to Prevent and Combat the Spread of Covid-19

### **OPERATIONAL PLAN FOR WESTERN PROVINCE CYCLING ASSOCIATION:**

The Western Province Cycling Association are the event hosts of various road cycling events held in the greater Cape Town area and surrounds. Their races are typically held on Sunday mornings, starting at 8h00 and finished by 13h00. Racing groups of around 60 to 80 participants each would take part around a pre-determined course for a specified distance. However due to the Covid-19 outbreak, these races can no longer be held under Level 2 Regulations due to most of the cyclists not falling into the category of “professional athlete” as defined below:

“Professional Athlete” means an athlete who make a living by competing in a sport or receives payment for performance at international championships or related events including preparation for Olympics, a member of a training squad for a relevant sporting body.

We do however have athletes that are deemed semi-professional and are in possession of Full Racing Licenses issued by Cycling South Africa (CSA) who are members of sponsored teams and who compete for a prize purse at our events. For this reason, we feel that we should be able to hold events catering for these athletes to compete at.

Other definitions that we need to take cognisance of are as follows:

“Official” means sporting venue manager, sporting venue employee, match or race official, journalist, television crew, radio commentator and security personnel.

“Support Staff” means a technical official, coach, assistant coach, kit manager, physiotherapist, medical officer, driver or physical trainer

### **WPCA ROAD COVID-19 OPERATIONAL PLAN:**

The proposed resumption date for races to start is 1 August 2020.

There will be no “on the day” entries to races. All people attending the race need to go through the WPCA website online entry procedures at least 72 hours before the race is due to start or alternatively complete and return the pre-screening questionnaire that will be sent out once officials and race staff are confirmed .

### **Record Keeping**

Prior to racing starting we will require all athletes, support staff and officials to register on the WPCA data base that will be created to address the items required by government. These include, but are not limited to:

1. Full names and ID numbers of the participants, be they athletes, support staff or officials, as defined above
2. Residential address
3. Cell phone number and email address
4. Contact details of a person or persons living in the same residence at the participants.
5. Last temperature reading and date (at a shopping centre or similar)
6. Tick boxes for any of the following symptoms:
  - a. Coughing
  - b. Tight Chest
  - c. Sore Throat
  - d. Loss of smell and taste
  - e. Conjunctivitis
  - f. Body pains
  - g. Fever
  - h. Severe headaches

This is to be done each time a participant enters a race. All support staff and officials are to also submit their details before each race.

### **Pre-Race Screening and Testing**

All athletes, support staff and officials are to report to the medical screening facility to have their temperature taken and recorded. This will be done by the Myriad Events staff and reported to the appointed Covid-19 Compliance Officer. Should any person whose temperature is outside of the norms (35.7 to 37.7 Celsius) arrive on site, they will be directed to the closest screening station details of which will be available on a case by case basis. Records of all the temperatures recorded will be kept on file for the duration of the Covid-19 outbreak.

### **Preparation for a Race**

The registration venue of WP races varies from race to race. However, the general guidelines listed below will be applied at all race registration points, as far as applicable.

1. Registration will, as far as possible, be conducted in the open air.
2. All equipment, work surfaces and surrounds will be sanitised before, during and after registration.
3. Riders will be issued with race numbers with a barcode. Support staff and officials will be issued with a name badge that includes a barcode. This is to be worn on a lanyard around his or her neck.
4. A register of those allowed to attend will be compiled 72 hours before the race and will be on hand.
5. A designated area will be set aside for the registration and temperature testing station. There will be a hand sanitiser station outside the area that participants are to use before entering. All participants will be directed to this station prior to registering for the race. Any person whose temperature is above 37.7 Celsius will be requested to leave the premises and return home.
6. After registration, participants will be directed to the race start area which will be cordoned off and will be checked onto the start line by officials / timing personnel.

### **During the Race**

During racing, should an accident occur, medical personnel will be called to attend the scene.

### **After the Race**

There will not be a podium or prize giving. Participants will be asked to leave the race area and head straight back to their cars. Provisional results will be posted within 5 hours of the end of the race, and final results 24 hours later. Prize winners will be contacted for their banking details.

### **Race Village Requirements**

- 3 x Hand sanitiser units will be available – one at each registration point and one at the timing desk.
- Signage to be installed indicating that all people attending the race will be required to wear a face mask while on site.
- Eco-Viro Cleanse sanitiser will be provided for the regular washing down of tables, equipment and work surfaces at both the registration and timing desks.

### **Race Venue Regulations:**

- All people present are to institute a 1,5metre social distance between themselves.

- If an athlete, support staff or official shows signs of and Covid-19 symptoms he will not be allowed to proceed and is to leave the race venue immediately and go to the nearest screening station.
- The registration personnel are to be informed should this happen so that they can phone the Covid-19 helpline if necessary.
- All personnel must wear something to cover their nose and mouth at all times, except cyclists who can remove them during the race.
- There must be easy access to the sanitiser provided by the events management team
- Workstations and equipment where necessary are to be disinfected regularly.
- Sub-Contractors, such as medical personnel, are to submit proof of their screening of employees on the same day. Names and ID numbers of staff, along with the results of that days screening must be emailed to the events management team 48 hours before the time.

### **Race Venue Amenities and Safety Measures Implemented:**

The Race Venue amenities accessible to all occupants and visitors to the race are as follows:

- Car Park – no measures will be taken
- Registration and Screening Area – staff will wear the necessary PPE and regularly sanitise the work area and equipment
- Race Start and Finish Areas – will be cordoned off. Only Accredited Participants and officials will be allowed access.
- Timing Desk – no one other than staff will be allowed at the timing desk.

### **Steps to Take When Covid-19 Suspected:**

- Prior to any race taking place, everyone involved will have their temperature taken and the results recorded.
- Should Covid-19 be suspected, the designated contact person of the person involved will be contacted and informed.
- Should immediate help be needed, the registration staff will call the Covid-19 help line – 0800-029-999 and request assistance.

### **Rules on Social Distancing:**

- Stay at least 1,5 meters away from any other person
- Maintain physical separation at all times. Try not to come into physical contact with anyone.
- Cover your coughs and sneezes.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissues in a lined trash can.
- Wash your hands often with soap and water for at least 20 seconds . This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Use hand sanitizer if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

- Avoid touching your eyes, nose, and mouth with unwashed hands . Avoid sharing personal household items.
- Do not share dishes, drinking glasses, cups or water bottles

## Pre-Screening Questionnaire:

All participants are to complete the questionnaire below when entering events online:

		Name & Surname
Examination	<b>NAME &amp; SURNAME OF PERSONS INTENDING TO ENTER RACE</b>	
	1 Have you tested positive for Covid-19 or had a test for COVID-19 in the past month? <b>If yes</b> , Have you completed the prescribed self-isolation for 14 days after last symptoms?	
Symptoms	2 <b>Temperature reading</b>	
	3 Have you experienced any symptoms of Covid-19 in the past month:	
	Loss of smell and/or taste	
	Sore throat	
	Coughing	
	Difficulty breathing	
	Conjunctivitis (eye infection)	
Movement	Body pains	
	Fever	
	Severe headaches	
	7 Do you use public transport where 1.5 metre social distancing is not possible?	
	8 Does anyone in your household work in the Essential Services - Medical Field, Law Enforcement etc	
	10 Have you traveled in the past 14 days?	
	11 Estimated number of people you have been in contact with over the past 14 days	
12 Do you make use of any protective wear in public / work places? (mask, gloves, etc)		
13 In which suburb do you live?		
<b>Date</b>		
<b>Score</b>		#DIV/0!
<b>APPROVAL</b>		

## Important Contact Details:

Public Officer	Sharief Peters	082-926-9402
Race Director	Graham Ward	082-449-7424
Covid-19 Compliance Officer	Mark Syce	083-318-9379
Events Manager	Sue Kirk	083-578-9375
Event Coordinator	Mike Aaron	082-578-0414

# COVID - 19 PANDEMIC CALL CENTRES AND HOTLINES



Coronavirus Hotline: <b>0800 029 999</b>	National Crisis Line: <b>0861 322 322</b>	South African Police Service: <b>08600 10111</b>	Reporting undue price increases: <b>0800 141 880</b>	Child Line: <b>0800 055 555</b>	Department of Home Affairs: <b>0800 601 190</b>
Persons with Disabilities: SMS 'help' to <b>31531</b>	Support to SMMEs in distress: <b>0860 663 7867</b>	AIDS Helpline: <b>0800 012 322</b>	Department of Trade and Industry: <b>080 000 6543</b>	Suicide Helpline: <b>0800 567 567</b> or <b>0800 456 789</b>	Department of Water and Sanitation: <b>0800 200 200</b>
OB VV - Related service complaints: <b>0800 333 177</b>	PostBank Call Centre: <b>0800 53 54 55</b>	Gender-based Violence Command centre: <b>0800 428 428 OR</b> <b>*120*7867# (free)</b>	Department of Trade and Industry: <b>080 000 6543</b>	Family Violence, Child Protection and Sexual Offences Unit: <b>0800 150 150</b>	Department of Tourism: <b>0860 868 747</b>
National Institute for Communicable Diseases: <b>0800 029 999</b>	Women Abuse Helpline: <b>0800 150 150</b>	National Human Trafficking Helpline: <b>0800 222 777</b>	SASSA Call Centre: <b>0800 60 10 11</b>	Presidential Hotline: <b>17737</b>	<b>WE ARE HERE TO HELP</b>

**WHATSAPP SUPPORT**  
**0600 123 456**  
**EMERGENCY NUMBER**  
**0800 029 999**  
**sacoronavirus.co.za**

