

Slanghoek Valley Road Race

CAPE METROPOLE CYCLING ASSOCIATION

Referred hereunder as Western Province Cycling Association or WPCA



Event Guide

1. Details of the Event:

Date:	13 September 2020
Time:	8h00 to 13h00
Venue:	Slanghoek Road Rawsonville Breede Valley
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:	John Davids	082-596-7979
Co-ordinator:	Mike Aaron	082-578-0414
COVID Officers:	John Davids	082-596-7979
	Sue Kirk	083-578-9375
Media / Commentator	Shaun Peters	082-704-2394
Media / Photographer	Salie Toefy	079-740-2114

3. Emergency Services:

Hospitals	Mediclinic	023-348-1500
	Worcester Provincial Hospital	023-348-1100
Fire Department	Breede Valley	023-348-9060
SA Police Services	Rawsonville	023-349-8300

4. Officials:

To be confirmed by CSA

5. General Provisions:

The annual road cycling race at Slanghoek Valley will take place on 13 September 2020. 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 2 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 1 September 2020.
- Race entries will only be for participants from junior level and upwards, but not for anyone older than 60 years old or 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:

- Due to the abbreviated season, instead of the usual category racing that we have become used to at WPCA, these races are going to be distance based. The rationale behind this is that not everyone has had the same exposure to training programmes due

to the national lockdown. It is felt that the riders are better placed to decide what distance they are willing to participate in, than be locked into a categorization that has not been used this year.

- We have restrictions in terms of the number of participants in a start group, this number being 50 people at present and a total of 300 persons present in total. To facilitate this, we have decided to offer the following races:
 - 135km Team Race – this is only for teams of a minimum of 4 and a maximum of 6 members. We are limited to 8 teams of 6 people as we need to also allow for team managers accompanying the cyclists.
 - 120km Individual Race
 - 80km Individual Race
 - If sufficient entries – 80km ladies race. We will need at least 20 ladies entering to make this feasible.
- If any of the races above are over-subscribed, we will see how we can split the fields to accommodate all riders. The category seeding that was employed last year will be used as the basis for these decisions. However, this may not be possible due to time constraints and then entries will be taken on a first come, first served basis.

6.2 Rules for the Team Race:

- The Team / Club race will take place over 3 x 45km 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.
- 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
- 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.
- Feeding from the car and dedicated feeding zones – to be decided closer to the time!

7. Parking and Registration – Race Day:

- Parking for all participants vehicles will be at the EikeSaal and the Eureka Youth Academy, approximately 600m from the start point.
- The parking area will be divided up into sections for the different race participants.
- Should a driver have passengers with him, he will need to allow the passengers to disembark, along with their bicycles, prior to entering the parking area. This is necessary to ensure that we don't have too many people in a small area.
- 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 Die Eike coffee shops grounds on the corner of Slanghoek and Goudini Roads. 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. The proposed starting line up as follows:
 - 8h00 Teams Race
 - 8h15 120km Individual Race 1
 - 8h45 120km Individual Race 2
 - 9h15 80km Ladies Race
 - 9h30 80km Individual Race
- These times may change somewhat depending on the number of entries.
- 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 route leaves the race venue at Die Eike Restaurant on Goudini Road heading in a NNE direction. After 10km the cyclists turn left onto the R43 Mitchell's Pass Road. After 12km we take another left on to the Slanghoek road and head back towards to start area.

The cyclists doing the 120km participants will do it 3 times and the 80km participants will do it twice. The Team race will do a slightly modified route, details of which will be sent to team managers and captains once permissions have been received.

There are 2 focal points and 3 intersections that need our attention as detailed below.

Intersection 1 – Goudini Road and Mitchell's Pass:



On approaching Mitchell's Pass (R43) The cyclists will slow down to take the left hand turn onto Mitchell's Pass. This is a quiet intersection and we will post marshals there for safe keeping of the area

Intersection 2 – Mitchell's Pass and Slanghoek Road:



The cyclists take a left into the Slanghoek Road. Another quiet intersection where no traffic assistance is required. We will have marshals on duty to ensure that cyclists keep safe. The rough edge at the side of the road as we lead into the turn will need to be demarcated to prevent possible puncturing of tires.

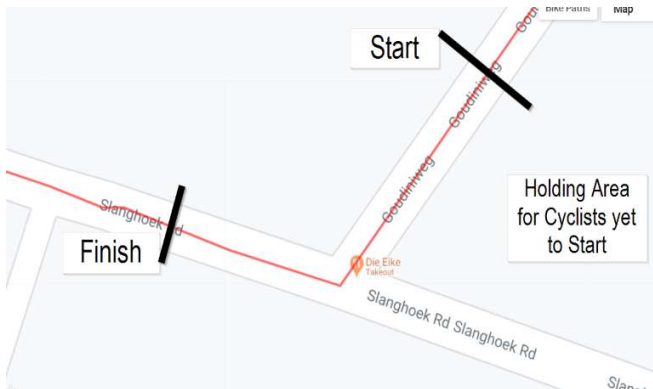
Intersection 3 – Slanghoek Road / Goudini Road:



The final intersection is another left back into the Goudini Road. We may need to establish a holding point for traffic approaching the intersection from the Rawsonville side to allow cyclists to safely navigate the corner without their cornering line being hampered by traffic turning the corner towards Goudini Spa. There is no need for traffic officials at this point.

Start and Finish Area:

The start and finish area are close together near Die Eike Restaurant, however are somewhat apart. The Start is on the Goudini Road, close to the humpback bridge while the finish is in Slanghoek Road just before the corner.



Having the start and finish so positioned means that at the start of each race we have enough space to facilitate spatial distancing prior to the commencement of each race. Vehicles will be parked around 600m away at the Eureka Youth Centre and on completion of the race, cyclists will continue straight with the road to get back to their vehicles. This prevents any congregation of people at the start / registration venue upon completion of the race.

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.
- Each race will have 3 places awarded to them, while the Team / Club race will also have a prize for the first placed team which will be decided by combining the time for the 4 fastest riders over the line.

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 3 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.

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, Mark Syce. 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. The use of bar code scanners will ensure that the need to have physical contact is eliminated from the registration and pre-screening process.
6. 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.
7. 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 2 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

- 2 x Hand sanitiser units will be available – one at registration 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

Screening Questionnaire:

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

NAME & SURNAME OF PERSONS INTENDING TO ENTER RACE		Name & Surname
Examination	1 Have you tested positive for Covid-19 or had a test for COVID-19 in the past month? If yes, Have you completed the prescribed self-isolation for 14 days after last symptoms?	
	2 Temperature reading	
Symptoms	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)	
	Body pains	
Movement	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?	
Date		
Score		#DIV/0!
APPROVAL		

Important Contact Details:

Public Officer	Sharief Peters	082-926-9402
Race Director	Graham Ward	082-449-7424
Covid-19 Compliance Officer	John Davids	082-596-7979
Events Manager	Sue Kirk	083-578-9375
Event Coordinator	Mike Aaron	082-578-0414

COVID - 19 PANDEMIC CALL CENTRES AND HOTLINES



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

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

