

Paarl de Ville Road Race

CAPE METROPOLE CYCLING ASSOCIATION

Referred hereunder as Western Province Cycling Association or WPCA



Event Guide

1. Details of the Event:

Date:	11 April 2021
Time:	8h00 to 13h00
Venue:	Paarl de Ville Venue Lichtenburg Road Durbanville Farms Cape Town
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 Officer:	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 road cycling race at Paarl de Ville will take place on 11 April 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, are operating under the regulations pertaining to Level 1.

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 29 March 2021.
- Race entries will only be for participants from Under 17, 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:

- We will be using the standard categorization utilized by Western Province Cycling Association for this event.
 - 150km Individual Race – Cat 1
 - 100km Individual Race/s – Cat 2 and Cat 3

- 100km Individual Race - U19 men
- 100km Ladies Race is sufficient ladies enter. We will need at least 10 ladies to enter for this to happen, alternatively they will race with Cat 3
- 80km Cat 4, U/17 and U/19 Development race.

7. Parking and Registration – Race Day:

- Parking for all participants vehicles will be at the Paarl de Ville venue. Participants will be asked to park on the field alongside the venue and leave the restaurant parking for restaurant guests.
- 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 the Paarl de Ville grounds on Lichtenburg 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.

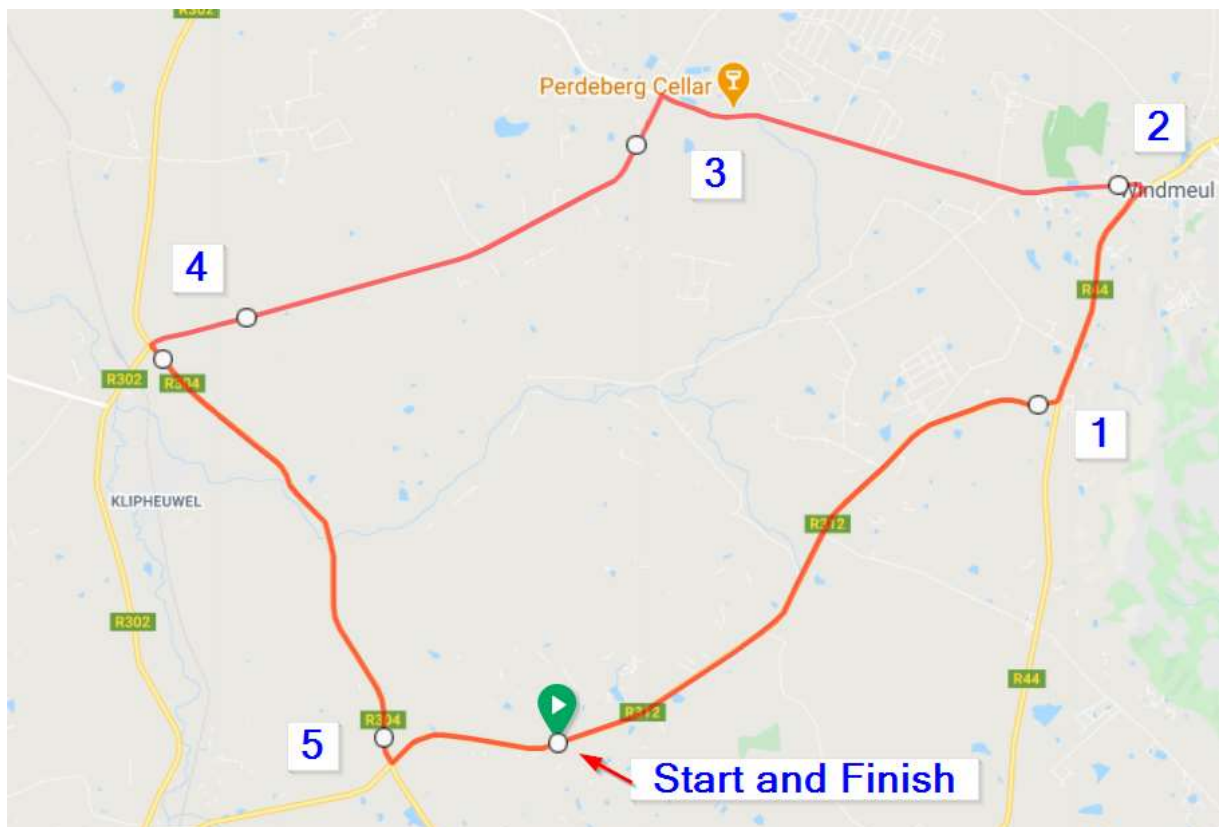
8. Commencement of Races:

- Racing will commence at 8h00. The proposed starting line up as follows:
 - 8h00 150km Cat 1
 - 8h10 100km U/19 men
 - 8h20 100km Cat 2
 - 8h30 100km Cat 3
 - 8h40 100km Ladies Race including U19 ladies
 - 9h00 80km U/17's (includes a 20km neutral zone)
- 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 will be circular in an anti-clockwise direction. We envisage starting on Lichtenburg Road (R312), at Paarl de Ville, heading north-east until R44 where the cyclists will turn left. The riders will proceed along there for 4,5km before turning left onto Vryguns Road at Windmeul. Continue along here until the intersection with Slent Road where they will turn left. Proceed along until they reach the Malmesbury Road (R304) and another left turn. At the Fruit Sellers intersection on the R304 / Lichtenburg Road where another left turn will be executed. Then straight along here until the finish at Paarl de Ville.



Other than the short section on the R44, which is a double lane road, we don't envisage any major traffic disruption as the roads being used are situated in an agricultural area with little traffic flow over weekends. There are 5 intersections where we feel that marshals and /or traffic officials will be required:

Lichtenburg Road / R44:

Cyclists will be on a short stretch of the R44 between Lichtenburg Road and Windmeul. Traffic officials from Drakenstein will be requested to man this intersection along with WP marshals.



R44 / Vryguns Road Intersection:

Cyclists turn left again into Vryguns Road. This is a fairly sharp turn and cyclists will be warned about this upon their approach. Traffic officials from Drakenstein and race marshals to be on duty at this point.





Vryguns Road / Slent Road Intersection:

Cyclists turn left into Slent Road. This is a very quiet intersection which we will deploy marshals to and “Caution Cyclists” signage



Slent Road / R302 Intersection:

Cyclists turn left onto the R302. Traffic officials from Durbanville will be accompanied by WP marshals. Road surface is good and the road itself wide.



R302 / Lichtenburg Road Intersection:

Cyclists again take a left turn into Lichtenburg Road at the large 4-way stop known locally as Fruit Sellers. Traffic officials from Bellville will man this intersection along with WP marshals. This intersection can be fairly busy however as the cyclists are turning left, there shouldn't be much interference with traffic flow.



Signage:

Signage will be deployed all along the route, indicating to motorists that a cycle race is in progress. Marshals at each intersection will be responsible for routing the riders in the correct direction with the aid of hand held signs.

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 Paarl de Ville 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:

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	NAME & SURNAME OF PERSONS INTENDING TO ENTER RACE	
	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
		Fever
Movement		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	Megan Burns	084-548-2535
Events Manager	Sue Kirk	083-578-9375
Event Coordinator	Mike Aaron	082-578-0414

COVID - 19 PANDEMIC

CALL CENTRES AND HOTLINES



SAVE SOUTH AFRICA

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-uk 0800 456 789	Department of Water and Sanitation: 0800 200 200
OBVF - 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	<div style="font-size: 2em; font-weight: bold; color: gold;">WE ARE HERE TO HELP</div>

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


REPUBLIC OF SOUTH AFRICA

