

Dear Members and Participants

We are in the fortunate situation to continue running and participating in triathlons throughout the challenges faced from COVID19. To ensure the events are run in a safe manner and in compliance with the Chief Health Officer's directions and the Road Map forward, the club asks that you acknowledge the following and ensure all recommendations are implemented at our events.

### **Physical Distancing – 1.5 Metres**

This is the main tool in our armour to prevent any possible spread of COVID 19. Please ensure during setup, registration, race instruction, post-race chats and during pack-up you maintain your distance as per the 1.5 metre rule. Each bike rack will have a limit of 3 bikes per rack. Once you have setup your station please move away allowing others on your rack to set up.

At registration please maintain your distance. Number on arms will no longer be provided, making registration quick and hands off.

The committee will also implement staggered starts as required. Please follow race briefs and race instruction.

### **Hygiene**

Hands wash facilities will be made available near transition. Please ensure you wash hands using soap prior to assisting with the set up or pack down. Remember many hands make light work, but now more than ever we must ensure these hands have been adequately washed. Hand sanitiser will also be made available at transition and registration.

Disinfectant will be onsite to wipe down any high contact surface including tables and drinks coolers.

Please note showers are located at the lake for use and an ablution block is located at the beach side car park. Please take your own hygiene products should you wish to use these facilities.

### **Health and Safety**

If you are feeling unwell and especially experiencing any COVID-19 symptoms you must not attend any event or training session. Please remain at home and seek medical assistance. Should you become unwell at an event please ensure you inform the Race Director (RD) or another participant or medical staff attending the event, whilst maintaining physical distancing. Following notification the RD or committee member will request any participant or volunteer feeling unwell to isolate, while making appropriate arrangements for transport to home or medical assistance.

### **Drinks and Food**

We are slowly reintroducing post-race fruit but encourage you to bring your own if desired. Some iced water will be available, but to minimise contact and ensure you have access to water as required, it's still preferable if you can provide your own. On course drinks will be provided in upcoming races with run legs >5km. Please carry water with you on course if you feel it will be needed. Please place all cans or bottles in the blue wheelie recycle bin provided. Rubbish bins will be provided to dispose of any other waste.

**Race Briefs**

A brief race instruction will be provided prior to the race to ensure everyone is confident of the race course and length. We ask that you maintain the distancing requirements during this brief race instruction.

**Race Start**

Please walk to the start point and await your self-seeding start time or wave as directed. Please again maintain distancing during this time.

The committee thanks all members, participants and extended DTC family for following the advice provided, so we can continue our events and ensure we protect the wider community. If you have specific concerns please contact the club to discuss.