

Process for running RCC Monday night 5k Time Trial / race

Introduction

In order to conform to recent Government changes in the law the club must ensure there are no groups larger than 6 at the club.

It is permissible to have many groups of 6 as long as distancing rules are in effect and the club does not breach COVID guidelines.

Under the new Government changes, sports clubs are allowed run events that are deemed acceptable and appropriate by their governing body. The club time trial/race is such an event according to British Canoeing.

However, although the club can run the event it must do so in as risk free way as possible and conform to the law.

Whilst paddling, in almost all circumstances, social distancing is naturally occurring and no special measures are required.

Whilst on the bank people should social distance as much as possible and the club will be putting in measures to facilitate this.

The club is highly visible from the opposite bank and we would prefer not to have to justify the numbers of people at the club to the police or the new COVID Marshalls that are being introduced, so be sensible.

Process – Club

The Time Trial will be split into 2 starts with a 15 minute gap between them.

People/boats that have recorded a time of between 30 and 40 minutes will start at 18:00.

People/boats that have a recorded time of less than 30 minutes will start at 18:15.

The club will 'open' booking via Facebook.

The club will 'reserve' boats on a first come first served basis.

The 'entry' will close at noon on the Monday of the event.

A start order will be published online a few hours later.

The starter will call boats forward as their start time approaches and set them off etc.

The starter will record start and finish times and pass them to the event organiser.

No times will be given out at the club.

Times will be published on Facebook

Process – Club members

When the 'race' entry opens on Facebook, please enter your name and boat type.

If you require the use of a club boat, especially K2, please reserve it at this point.

Look on Facebook to confirm your start time.

Come to the club just in time to set up your boat, get on the water for a warmup, and be ready for your start time.

Whilst warming up and waiting for your start please don't sit in groups on the water.

When you have finished your race, warm down, get off the water, dry down your boat etc., and put away, get changed and leave the club as soon as possible. Try to social distance as much as possible.

If you need to wait for someone, please do so on the higher levels of the club, not outside the boatshed.

If you arrive with family or friends that have a different start time i.e. later, please wait on the upstairs terrace area until all the first start paddlers are on the water.

If you are watching or waiting for a child, please do so away from the boat shed. There are plastic (not cleaned) chairs on the upper terrace.

Version control:

11/09/2020 v1 draft initial version

12/09/2020 v2 Final