

Pretoria East

**Health and Wellness**

(Pty) Ltd 2010/019390/07



Pretoria East Health and Wellness (Pty) Ltd t/a XCMSA

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## **IMPLEMENTATION OF COVID-19 REGULATIONS AT XCM (MARATHON) MOUNTAIN BIKE RACE EXPLAINED**

### XCM during COVID-19 lockdown explained

- The XCM race takes place on a pre-marked 20km, 40km and 60km track
- Riders compete over specific distances prescribed by CSA depending on their age
- Age categories/classes will be combined to form starting batches containing a maximum of 50 riders, however each category/class competes on its own
- Riders will line-up 5 abreast on the 7m starting line for their starting time slots per batch
- Contestants should wear the required PPE in the starting area until final count-down before the race starts
- A water point will be available every 20km
- Riders that finish the race must vacate the area immediately
- No prize giving ceremony will take place
- No prizes nor medals will be offered
- Podium positions will be indicated virtually
- Race results will be posted on [www.xcosa.biz](http://www.xcosa.biz) within 24 hours after the race
- Riders accrue points for determining positions on the 2021 GNC XCM Performance Log

### Race entries to participate

- Only online race entries through a formal pre-defined entry portal will be allowed as to control numbers
- Participants enter per age category – the number of categories is predetermined
- The number of participants per category is capped
- Each category is scheduled to participate in a specific time slot

### Access to the bike park

- All vehicles must be parked in the dedicated parking area as indicated by the security personnel
- Access control to the bike park takes place at the entrance gate to the bike park, effected by trained and certified security personnel

- All participants and their technical/feed support persons must enter via the COVID-19 entrance station manned by the appointed COVID-19 Officer
- All visitors must wear the prescribed PPE
- All participants and their technical/feed support persons will be hand-sanitized, will fill-out the prescribed COVID-19 questionnaire, and their temperature will be measured and recorded
- Individuals whose temperature exceeds 37,5C will not be allowed to enter the event area

### **Supporters and spectators**

- **NO SPECTATORS are allowed at the start/finish area**
- **No gazebos, umbrellas, camping chairs and/or deck chairs will be allowed at the start/finish area, nor at the technical/feed zone**
- **Limited coffee and refreshments could be on offer**

### **COVID-19 station**

- A COVID-19 Officer will be appointed and will
  - work in close cooperation with the on-site EMS personnel
  - be stationed at a COVID-19 station at the entrance to the venue
  - conduct hand sanitizing and temperature measurement among athletes
  - continually monitor COVID-19 compliance

### **Contingency planning**

This operational plan serves as basis for rider and marshal protection against COVID-19 infections and should serve that goal optimally. On-the-spot improvements, based on collective decisions between the following appointees would be allowed:

- COVID-19 Officer
- Race Director
- CSA Commissaire
- Safety Officer

Regards



(Pierre Nel)  
COO

5 August 2021