

Pretoria East

Health and Wellness

(Pty) Ltd 2010/019390/07



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

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IMPLEMENTATION OF COVID-19 REGULATIONS AT XCO MOUNTAIN BIKE RACE EXPLAINED

XCO during COVID-19 lockdown explained

- The XCO race takes place on a pre-marked circular 4-6km track
- Riders compete over 1 to 8 laps, depending on their age categories
- Age categories/classes with less than 10 riders will be combined to form starting batches containing a maximum of 50 riders – each category/class competes on its own
- Riders will line-up 5 abreast on the 7m starting line for their starting time slots per age category
- Contestants should wear the required PPE in the starting area until final count-down before the race starts
- A technical/feed zone will be available, riders are allowed two persons for technical support and feeding
- 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 within 24 hours after the race
- Riders will accrue points for regional/provincial colours

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 (the said questionnaire is attached and must be completed and handed in at the COVID-19 entrance station)
- 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

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