



COVID Protocols:Competitors/Coaches/Helpers

BEFORE YOU COME TO NEWPORT

- ✓ It is recommended that you take an NHS lateral flow test. Please only attend if the test is negative.
- ✓ If you feel unwell you should not attend.
- ✓ If in the 2 weeks before the Championships you have displayed COVID-19 symptoms of a continuous high temperature, a continuous cough, or a loss of taste or smell you should not attend.
- ✓ If you have had contact with anyone else who has had these symptoms, or tested positive for COVID-19 you should not attend.
- ✓ If you, or anyone else in your household, have been told to self-isolate or quarantine you should not attend

UPON ARRIVAL EACH DAY

- ✓ Face coverings should be worn when entering, moving around, and exiting the building.
- ✓ Observe the venue signage and covid protocols at all times.
- ✓ Competitors must present themselves to the Sign On/Registration desk to show their racing licence and collect their race number whilst maintaining social distancing. This needs to be done on the first day that you arrive and should be at the time stated in the Order of Events.
- ✓ For each subsequent day Competitors must present themselves at the Registration Desk, at the appropriate time as advised, to be marked as present and wishing to race.
- ✓ Coaches and helpers must present themselves to the Sign On/Registration Desk before entering the track centre and must wear the wrist band provided before entering the track centre.

DURING THE DAY

- ✓ Maintain good hygiene by regularly sanitising your hands and equipment, cover coughs and sneezes.
- ✓ You should avoid socialising with other riders whilst in the track centre.



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- ✓ If the track centre appears to becoming over-crowded or congested then you may be asked to leave the track centre after you have finished your race and had your podium presentation. You may continue to watch from the stands.
- ✓ Use of Changing Rooms and Toilets should be minimised and please observe the notices regarding number of occupants at any one time. Where possible please consider arriving ready to race and/or changing and showering when back at home or hotel.
- ✓ Coaches and helpers should wear face coverings when moving around the track centre.

WHAT TO BRING

- ✓ Food and drink to see you through the day. There will be no track centre catering.
- ✓ PPE products such as Hand Sanitiser, Face Coverings, or Antibacterial wipes for your own use.
- ✓ A rubbish bag for your own rubbish which you must take home with you.

MORE INFORMATION

Please visit the website bristowevents.co.uk/mntc21.html for full MNTC21 event information.