# Health, safety, and social distancing measures in place for the Winter Pairs

## TRAVEL TO THE SITE

Do not leave home if you have a high temperature, a long continuous cough or a loss or change of smell or taste. These are all symptoms of corona virus. Only members from one household can share and travel in a vehicle together. Vehicles must arrive no earlier than 7:30AM on Saturday 5<sup>th</sup> of December. If possible, we highly recommend avoiding stops on route at motorway services to help avoid additional points of contact prior to coming to the site. Make sure to adhere to your own country's rules on travel.

## **PARKING**

All lorries, caravans & campervans must be parked a minimum of 3 metres apart. When using any facilities or having to touch areas around the parking area, i.e taps, gates etc make sure to sanitise both before and after doing so.

## ARENA AREA

We return to teams under the return to organised sport regulations. Each team must have a maximum of 2 people in their arena party areas. If a team has a trainer they count as one of their arena party and must stand in the arena party area between races.

#### COMPETITION FORMAT

Riders will stay in the same lane throughout their session. Teams can collect their hat bands from their arena party, it will be left in the tool box in each lane, make sure it goes back there after each session finishes.

#### COMPETITION RULE CHANGES

The 2019 & 2020 ruling for equipment in the mouth is "not recommended". However, for this and all competitions for the remainder of this year this will be mandatory. No equipment can be put in the mouth, licked, spat on either directly or by spitting on your own hand first. One measurement that will differ from the usual rules will be the top line, this will be in line with the fifth pole to allow for more space, all markings however will be in the same place.

#### ARENA PARTY

All arena party must stay in their own allocated equipment area at the side of the arena. Arena party must be wearing masks the entire time they are in the arena or stood by their equipment, and they must use the sanitising products provided to keep the equipment sanitised.

#### GENERAL PPE

Make sure to bring your own sanitizer, there will be a lot on site but the more the merrier and means it can be applied wherever you are. If you are going to wear gloves for arena party, make sure it is a fresh pair put on right before you come in to avoid cross-contamination. Masks are required for all times when doing equipment, they are mandatory when having to come within 2 metres of someone from another household and when within a metre of any game's equipment.

#### WARM UP AREA

Warming up. You can use the grass areas alongside the arena but there is to be no practising in this zone. Competitors will then have a few minutes to get warmed up on the surface, they can enter as soon as the arena is clear. Riders must maintain at least a 2-metre distance from each other or 1 metre plus (using a mask).

## **RUN OUT AREA**

Of course, please do use the run out as per normal but when the whistle blows please return to your lane immediately. If you finished the race with any equipment, make sure to bring that back with you as your arena party person will collect this from you.

#### GATHERINGS

As a pairs competition it is reasonably easy to stay in gatherings of less than 6. The key point is gatherings outside of the competition zone which must not exceed 6 individuals. Anyone found to not be following the law will be asked to leave the site. You should only be on site if you are either the groom or driver for the rider. If you are not doing equipment or training you must keep a distance from those doing so and not encroach within 2 metres of their space.

## TRACK & TRACE

Please use the NHS track and trace app to scan into the competition using the QR Code which will be taped to the commentary box.