

How do you feel

If you think you have any Covid-19 symptoms do not come to the event. If you develop symptoms within 14 days after the event and are tested positive, you must please contact us

Social Distancing

It is each and every person's responsibility to social distance at 2 metres where possible before, during and after the event. Please make sure your spectators are aware of and abide by the 2 metre distance rule.

Hand Sanitising stations

There will be hand sanitiser stations around the race site, please hand sanitise at registration, as you are entering transition, finish line and whenever you have the opportunity to do so before and after the event. Please sanitise before and after toilet use.

Race registration

Please allow more time than normal to register. You must register yourself. You cannot have anyone register for you. Only one competitor will be allowed to register at a time (except relay teams who must register together). Please queue at a 2 metre separation. Hand sanitise before entering. Every competitor will be temperature checked with a digital thermometer before entering registering.

Transition

All bikes will be 2m apart each competitor has their own numbered racking position. Rack only there and with your race number facing you.

Race Brief

A full race brief will be sent to you before the race. It is important that you read it. There will be a short race brief shortly before you start over the PA system on the day.

Start Format - Lake Swim

Competitors will each have their own individual start time and be started at the edge of the lake at 10 second intervals. You can only do your warm up on dry land. Maintain a 2 metre gap from other swimmers at all times.

Bike Course

Normal drafting rules apply.

Run Course

Overtake or pass other competitors at a minimum distance of 2 metres where possible.

Feed Stations Run & Finish line

Drinks will be dispensed for you at feed stations, High5 Energy Source & Water will be identified clearly with signs. Move away as quickly as possible allowing for other competitors. Please put all your litter in the bin.

Spectators

BTF rules now say that no spectators should attend. This could change before race day. If you wish to report anything regarding Covid19 safety, please report it to us.