

## Riders Brief

### Gold Coast Mountain Bike Club Inc.

Welcome to GCMTB Flowtime event....

**Spectators** must report to registration on arrival record their details and arrival time using either their mobile phone and the provided QR scan code or write on the paper list. Spectators are also asked to report to the registration desk before leaving to record their departure time. This is a COVID compliance requirement set out by State Government

**Registration** will open from 12 noon

Riders are reminded to maintain 1.5m spacing while queuing for registration. It is very important that everyone who participates strictly observe social distancing throughout the whole event. Always keep a bike length away from others.

**Racing** starts at 12:30pm and your last run must start before 3:30 pm. This event is about having fun and trying to improve, therefore you can do as many runs of each stage as you want to between the start and finish times.

**Stages** For Seniors (U15 and above) there are 4 Stages: starting Three hills, Baileys, Mongrels and Pete's. For U13 and U11 there are 2 stages: Commonwealth Games 1 down and Casuarina connection down. For U13 developmental category there is 1 additional stage. Three hills. U13 Riders wanting to participate in the U13 developmental category must provide parental approval and approval from Coach Corey or Coach Liz to registration desk.

**Liaison** stages are the untimed recommended routes between stages. Some liaison stages cross the timed stages so please give way to racers. During Liaison stages you can return to registration, the cycle centre or your vehicle for food, drink and mechanical repairs.

**Start** When you come to each start line where people may be lined up, ensure you are at least 1 bike length from the person in front of you. Do not overlap wheels.

As usual all timing points are automated. Start marshals will be checking that a 30 second gap is left between each rider. You can ask for more time between you and the next rider if you feel it is needed. Alternatively if you want to ride together with mates, ask the marshals.

At the end of stages, please move clear to allow other riders to finish and not create congregation points. There will also be a finish marshal, roving marshals and COVID marshals ensuring everything is running smoothly.

**First aid** will be provided by 1300Medics. If you come across an injured rider stop and help them and send the next rider that comes along to the finish to alert the marshal. They will stop racing on that stage and send for the medics. You will be allowed to restart the stage. If you require medical assistance for any reason throughout the day, we urge you to see the medics who will be based at registration.

**Finish** When you finish a stage move clear of the finish line before stopping. If meeting up with friends at the end of a stage run, ensure to maintain social distancing. We will ensure that there is plenty of space at the finish of every stage. If it looks like it's getting crowded, we will hold the start.

**Results** Your fastest runs on each stage will be provided on completion and return of your timing device to registration.

**Presentations** Podium positions will be announced at 4pm near the registration tent. Podiums will be socially distanced (no group podiums).

GCMTB COVID Safe Plan is attached, please read. Remember,

- Sanitise your hands regularly. Hand sanitiser will be available.
- Always maintain social distancing.
- If you have a cold or flu-like symptoms - DO NOT COME.

**Dr Chris Thompson**

President | Gold Coast Mountain Bike Club Inc.

0406 375 951

[gcmtb.com.au](http://gcmtb.com.au)

