



**Saturday 18
September 2021**

Riders' Notes

**IMPORTANT EVENT INFORMATION.
PLEASE READ!**



tweedlove 
bike festival

ELECTRIC 
tweedlove
powered by  **BOSCH**



TREK



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Please read this info carefully –
it contains things you need to
know for the race.

Event start/finish & registration

TweedLove Festival,
Tweed Green, Peebles
EH45 8AR

Saturday 18 September

10:30 – 11:30 Registration at Event HQ

11:00 Race Starts | Maps and Timing Chip will be provided

19:00 Podiums

Please note:

On Wednesday 15th September you will be emailed your registration and start times.

Please keep to these times and don't forget them!

A staggered start and registration process is being used to help avoid busy spells at registration, as part of our Covid measures. We've successfully used this method at all our events this year and it has proved very effective. Thanks for playing your part.

Please bring a face covering.

About the event

Welcome to Europe's most exciting e-bike adventure, visiting the UK for the second time. Top trail riding and uphill flow and tech climbing stages combine with enduro style on a big e-xploration of the Glentress trails. Along the way you'll navigate your way through local landmarks, classic trails and a specially prepared lunch stop.

You'll cover around 30 kilometres, and have around 1,000 metres of climbing to contend with. The course, a mix of uphill and downhill timed (enduro-style) stages with orienteering transfer liaisons in between.

It's a real voyage of discovery —riding techniques, orientation skills, fitness and smart battery management* are key to your success. The enemy? Time itself.

On the individual stages you're against the clock, without any prior practice (it's all 'blind' racing), and during the transfer stages emphasis is on finding your way around the route. You'll need to



check-in at various orientation points along the route, using the map we provide. Miss one and you'll earn a 10-second time penalty.

There are four standard/amateur stages and two advanced-only ones. The advanced stages are S1A (a long, technically demanding climbing stage) and S4A (a short but technical descent). These are for riders entered into the Advanced categories only.

STAGES 1 AND 2 will feature a 'No Feet Zone', keep those feet up and don't dab and you'll avoid a 10 second penalty.

The standard course stages are designed for a wide range of skill levels, but aren't suitable for an absolute beginner.

And once you've navigated your way back to base at TweedLove Festival on Tweed Green you can enjoy a cold beer and soak up the festival vibes.

*You should comfortably be able to complete the course with 1 fully charged battery – used wisely!

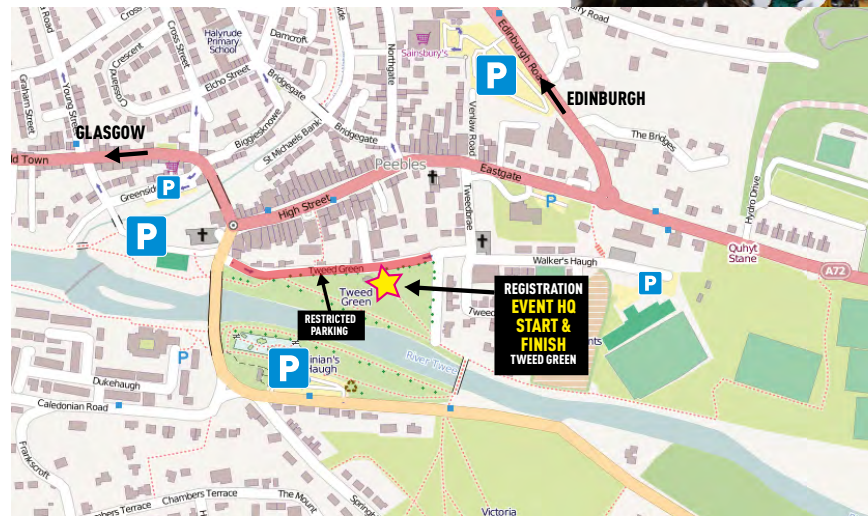
Parking

Car parking in Peebles – Edinburgh Road Car Park EH45 8AY and Haylodge Car Park, Neidpath Road EH45 8NN are the advised parking for event entrants.

These are a short distance from the event village - please be advised that there will be little or no parking at Tweed Green. There is extensive free parking on many side streets around town, but please park responsibly and courteously. Visit:

https://en.parkopedia.co.uk/parking/peebles_united_ki%20

or use this map:





Stages

DOWNHILL STAGES – The downhill stages may feature some technical features with bumps, rocks, roots and small (roll-able) steps. In places, hard or easy route alternatives can be selected depending on experience and performance level.

UPHILL STAGES – As well as fitness and motor performance, the uphill stages mainly test eBike riding skills. Obstacles and small steps challenge the riders just as much as tight corners. A 'No Feet Zone' must be completed without touching the ground, otherwise a time penalty is applied. Riders can choose between a difficult route and an easy route on several sections of the trail.

TRANSFER STAGES – There is no time measurement in the transfer stages, but the riders' co-ordination skills are tested as these stages are completed according to a map. Riders have to find various checkpoints close to the track. For every missing point a time penalty of 10 seconds will be added to the time recorded on the Uphill and Downhill stages.

In order to offer all riders the best possible flow experience, the trails are designed for various levels of difficulty: While less experienced riders will have the opportunity to adapt slowly to challenging trails and fast bends, advanced bikers can prove themselves on technically challenging track sections.

Participants are not allowed to check out the stages in advance, but instead start the challenge 'blind' — so that anticipatory riding and spontaneous reaction to the trails is vital. Times are only recorded on the race stages and the individual sections are added together to get a total time at the end. The transfer stages between the stages are completed according to a map and without timing, so that the teams can enjoy the ride together and prepare for the next stage.

Everyone has to complete stages 2, 3, 5 & 6. Stages 1A and 4A are only for the Advanced category riders.



Race categories and rider groups

Advanced

For the ambitious and also the professional – compete with the best! You'll complete the full course including the 'Advanced-only' race stage.

Amateur

You'll travel the same distance as the Advanced category, but with less power pressure. You'll complete everything except the 'Advanced-only' stage.

Points to note

- The e-mountain bike must be provided by the participant
- Approved bikes are standard mountain bike pedelecs with a maximum engine assistance of 25km/h
- S-pedelecs, tuned pedelecs and also bikes with no e-support are not allowed
- Helmets are mandatory

Event schedule

Saturday 18 September

10:30 – 11:30 Registration at Event HQ

11:00 Race Starts | Maps and Timing Chip will be provided

19:00 Podiums

Event start/finish

Tweed Green, Peebles, EH45 8AR

Registration

Registration will be at Event HQ at the festival HQ.

You must register before you race. You'll be given the course map at the start of the race. No racing without a number board.



Timing chips

The event uses SPORTident Air timing, and riders will carry an active timing card which will record their times as they pass the various timing points on the course.

Your time will be recorded: At the very start, before you leave the Event village/HQ. At the start and finish of every stage. At the end of the race, before you hand in your card at the Timing Tent — when you'll be given your results.

Active timing cards must be returned to get results. On handing in your timing card, you will be given a print-out of your times. You must wear your timing card on your RIGHT wrist. Timing stations/card readers are all on the right-hand side of the trails.

PLEASE NOTE:

Stay away from timing beacons around stage starts and finishes, as your timing card is a sensitive piece of equipment, and this can lead to false timing recording. All timing beacons will have taped exclusion zones around them, so stay out of these sterile areas at all times.



Course info

All trails are closed until the race on Saturday, as taping and prep is underway.

Please be aware of other events taking place and stay off any taped trails apart from the ones signposted for the Bosch eMTB Challenge.

Riding will vary from fast and flowy to tight and technical. The course is designed to be suitable to be ridden blind with no forced gap jumps or big drop offs. Trails in the forest can often feature roots and narrow, tree lined trails. Some trails have loose rocks, others off-camber roots. Riders should adjust their speed accordingly and ride safely.

Any hazards on the course will be identified with warning signage. A double downward arrow sign indicates a steep or technical section/trail hazard. A triple downward arrow sign indicates the most difficult or most severe technical sections on the course. We recommend all riders inspect any difficulties before riding if unsure.

Rider briefing

There is a rider briefing at approx. 10.45 on Saturday before the race start at the TweedLove Bike Festival Stage. Any changes to the race will be notified to riders at this briefing. It is mandatory to attend the briefing for event safety reasons. (Non-attendance at the Rider Briefing will not be an acceptable excuse for any rule violations.)

Early retirement

A sweeper will go round the course behind the last riders. If you retire for any reason, please inform Event HQ on 07496 871220 – please program this number into your phone prior to the event as this will ensure that it is easily available to you.



Safety

You must ride safely, in control and within the limits of your ability at all times – this includes when overtaking. **HELMETS MUST BE WORN & FASTENED AT ALL TIMES WHILE YOU ARE RIDING YOUR BIKE.** Any rider failing to comply with this will be disqualified.

If you're stopping, please don't stop in the middle of the track. Make sure you and your bike are not causing an obstruction or danger.

Trails used for the race stages are closed to the public. However, please remain vigilant in case someone strays onto the course who shouldn't be there — particularly on practice day.

Number boards

Every rider will get a number board, which must be fixed on the bike (we'll provide the zip ties) and must be readable throughout the competition.

Medical conditions and emergency contact details must be completed on the reverse of the number board (make sure you have these details with you!)

No rider may use another's rider's event number.

First aid

First aid cover will be in place all weekend. Report to the nearest marshal if assistance is required or phone the number on the back of your number board. In an emergency always phone 999 first before contacting us, if you require mountain rescue ask for the police then mountain rescue.

Clothing and kit

Please make sure that you are well prepared for a day out on the hills. We're in Scotland and you'll be out exposed to the elements for several hours.

You must have the following:

- Helmet (open or full-face) **HELMETS MUST BE WORN & FASTENED AT ALL TIMES WHILE YOU ARE RIDING YOUR BIKE**
- E-MTB with fully charged battery.
- Mobile phone (charged)
- Bar end plugs
- Covid-safe face mask
- Suitable clothing for a day in the Scottish hills
- Innertubes/puncture repair kit
- Multi tool
- Basic, well maintained first aid kit
- Food and fluids

Strongly Recommended:

- Knee pads
- Elbow pads
- Gloves
- Eye protection (glasses or goggles)
- Front mudguard
- Full body cover and waterproof jacket if conditions cold/wet
- Suitable backpack
- Emergency blanket

Food and water

A special food stop awaits you at the Food Station after Stage 3. Drinking water is available at the event village and you can refill at the lunch stop too.



   **Follow us on Facebook, Twitter and Instagram.**

@tweedlovest #tweedlove #bikevalley



Terms & Conditions

The organisers shall have unlimited rights to publish pictures and video images of the participants; to forward these photos to press representatives and to use them for marketing activities. By taking part you are agreeing to be photographed or recorded for video purposes. You are also agreeing to potential video recording by drones, at any location around the event and course. Any drones operated on behalf of the organisers will be piloted by legally registered and qualified operators. Photography and video recordings may be used for promotional and publicity purposes.

The organisers retain the right to change rules, terms and conditions as required.

- You must provide an emergency contact number.
- Under no circumstances will aggressive riding or behaviour towards other riders be tolerated. Any race entrant found to be discourteous in any way to other riders will be disqualified from the race and future events.
- Attending race briefings is mandatory.
- Anyone caught course cutting will be disqualified and banned from future events.

- The course features climbs and descents on a wide variety of trail surfaces. All riders must complete the entire course on the same bike – frame, suspension (rear and front) and wheels.
- Marshals and riding marshals will be on duty throughout the course, and anyone found to be changing equipment/wheels etc will be disqualified. New tubes are fine of course.
- In case of a mechanical failure leading to the need for major equipment replacement, a race official should be informed.
- Signage will be in place along the entire course warning traffic of the event, but riders are always responsible for their own safety.
- The transition/linking sections may include public roads with traffic present, where you must ride responsibly and considerately, and follow the Highway Code at all times. For riders from abroad, please remember to ride on the left.
- Every rider is responsible for their bike and equipment. The condition, quality and construction should be suitable to ensure the safety of riders or other persons. Riders must carry sufficient spares for their own use. Mechanical support may not always be available on course.
- All equipment used at an event must be fit for purpose and ridden / used at riders own risk.

- Riders must be courteous and aware of other cyclists around you. Slower riders must allow faster riders to pass by pulling over at a suitable place to enable a safe overtaking move. Riders catching the rider in front must clearly (and politely) indicate which side they wish to pass on.
- Foul or abusive language and poor behaviour will not be tolerated and will mean disqualification from this and possibly other future TweedLove events. Everyone's here to have a good time.
- Riders going through or under/over course tape and short-cutting the course will be disqualified.
- The race is open to all riders, and no licence is required.
- Riders must obey all event marshals' and event officials' instructions.
- Riders cannot accept support (e.g. spares, repairs) from a non-racer, except official race mechanical support.
- Please don't drop any litter – marshals will have bin bags!
- Failure to comply with gear regulations will result in disqualification.

Responsibilities

Riders attend the event on their own account and at their own risk. The rider is responsible for the safety of his bike, equipment and clothes. The organisation is not responsible and cannot be held responsible for any injuries and/or damages as results of any action during the event, or during practice for the event.

The organisers reserve the right to disqualify any rider in breach of any of these regulations.

This agreement starts with the entry. The organisation reserves the right to make any necessary changes or even to cancel the whole event according to safety problems at any time, official orders, government laws or other unforeseen events.

The organisers will endeavour to give all entrants a time derived from the electronic timing chip system provided. However, they are not responsible in the unlikely event of fault in the electronic timing system.

Protest

Protests against the result or disqualifications should be addressed to the Event Organisers within the 30 minutes following the end of the race.

Waiver of liability

Every rider understands and admits that his participation in the event is voluntary. He/she assumes full responsibility for any injuries or damages from his/her participation in, or practice for, the event.

He/she recognises and understands that mountain biking and the activities associated with this event may be hazardous, that his/her participation is solely at his/her own risk and that he/she assumes full responsibility for any resulting injuries and damages that may occur.

Every rider affirms that he/she is in good health. He/she declares that he/she is physically fit and capable to participate in the event. Every rider understands it can be a strenuous day out with significant amounts of climbing and distance to be cycled in order to complete the course.

Every rider has to acknowledge that he/she has read and understand this entire waiver of liability and agrees to be legally bound by it.

Look after our forest

You must wash your bike and tyres thoroughly after riding, to reduce the risk of forest diseases, which currently (and seriously) threaten larch, ash and other species throughout the UK. Thanks for your help.

The bike wash at TweedLove is free for this reason — please use it! More info here: <https://scotland.forestry.gov.uk/keep-it-clean>

Discover the HIGH5 Cycle Pack

HIGH5, your on-course nutrition partner, are committed to creating nutritious products with amazing natural flavours and are passionate about helping you achieve your goals.



HIGH5 are delighted to support you at TweedLove Bike Festival 2021 and will provide you all with great tasting Energy Gels, Energy Drinks and Energy Bars on the day.

Bosch e-mtb challenge series rules and regulations

1. General

- (1) The Bosch eMTB Challenge supported by Trek (the "Event") is an event organised by Hillside Outside (the "Organiser").
- (2) These rules set down the conditions under which each competitor taking part in the Event ("Competitor") agrees to participate. A prerequisite for any participation in the Event is absolute acceptance of these rules.
- (3) The Organiser has absolute control over the Event and is entitled at any time to make Event-relevant decisions, in particular, for objective reasons (e.g. damage to the road surface) - even shortly before the Event - to change the route and to extend or shorten the length of the route by an appropriate amount.
- (4) Instructions issued by Event staff and civil safety officials (police, fire brigade, THW (Federal Agency for Technical Relief) must be followed immediately and without restrictions. In the event of non-compliance, the Organiser is entitled to impose penalties on the Competitor concerned. "Event Staff" (e.g. track marshals) will be identified as such by the Organiser and are authorised to issue instructions on behalf of the Organiser.
- (2) Systems that can be switched from pedelec to speed pedelec during the competition will be excluded from the race.
- (3) All competitors must wear an approved and tested helmet throughout the race. Furthermore, we strongly recommend wearing knee pads, full gloves and a short or long-sleeved jersey.
- (4) Failure to comply will result in immediate disqualification.
- (5) We expressly recommend that riders should carry their mobile phones with them so that they can be reached in the event of an emergency.
- (6) Competitors are each personally responsible for ensuring the material used on their bicycles and their protective clothing are in good condition. Only materials designed for this type of stress should be used. The condition, quality and design or construction must not pose any danger to the competitor or third parties. Protective clothing must carry a quality seal from an internationally recognised test centre.

4. Checks and tuning

Tuning or manipulation of the system is prohibited. A visual check will take place before the start of the race. Random checks will be carried out by the Organiser during the race and at the finish.

5. Start

- (1) The challenge starts in groups and at staggered times to avoid long waiting times at the various stages. The times for the various blocks will be announced on the evening before the Event. The times will be listed on a notice displayed at the registration point.
- (2) There will be no fixed starting times at the stages. There will be an open start, however this will be at the instruction of staff.
- (3) Each rider will start separately in the trials/stages. The intervals between the stages are at least 30 seconds, but can be adjusted by staff at the stages as required.
- (4) A track marshal will clear the start for the competitors.

6. Important rules of conduct during the Event

- (1) Competitors must obey the rules of the road at all times.
- (2) Riders must not receive outside help (from non-riders). This includes help from team members or spectators to carry equipment around the route or help with repairs during the race. Competitors are allowed to help one another.
- (3) Batteries can be changed, however riders have to carry their own replacement batteries themselves! Accepting a battery from an outsider will lead to disqualification.
- (4) Competitors must ensure that no one else is harmed, endangered or more than necessarily impeded or bothered by the situation.
- (5) Under no circumstances may anything be thrown away or dropped, particularly food packaging, bottles or drink cups.
- (6) Competitors generally have to fix problems on the side of the road without hindering their fellow competitors. There is no Tech Zone.
- (7) Glass containers must not be carried during the competition.
- (8) Riders may cross the finish line on foot, provided they have their bike with them.
- (9) If a rider leaves the route for any reason, he/she must return to the same point and continue from there.
- (10) There will be no training. The route may only be ridden during the challenge. Failure to comply will result in immediate disqualification.

6. Starting numbers

- (1) All competitors are obliged to display their starting numbers on their bike (handlebars) and on their backs at all times during the entire Event. Advertising on the starting numbers must not be covered or otherwise made unrecognisable.

7. Time trials and orientation waypoints

- (1) Times will be recorded by means of a transponder. The transponder will be handed over when the starting number is issued and must be attached to the wrist.
- (2) The times will only be recorded by means of transponders at the stages. The individual times from the stages will be added together to get a total time.
- (3) Times are not recorded on the transfer routes, but there is a maximum time within which each competitor must have reached the finish. The maximum time will be announced at the briefing.
- (4) Orientation waypoints must be attained along the transfer route. Registration is by means of the transponder. There is a time penalty of 10 seconds for every failure to register.
- (5) There are "no feet zones" on the uphill stages. These zones will be monitored by a marshal. The marshal sounds an acoustic signal when a rider touches the ground, thus registering the penalty. There is a time penalty of 10 seconds every time a rider touches the ground.

8. Food and drink

- (1) Each Competitor is responsible for his/her own food and drink during the competition.
- (2) The Organiser will ensure there is a sufficient supply of suitable food and drink at a refreshment post. There will be signs directing riders to this refreshment post, which will also be shown on the map. Competitors can get food and drink at the refreshment posts by showing their starting numbers.
- (3) Competitors will not leave any waste behind so as not to harm the environment.
- (4) The consumption of alcohol is absolutely prohibited during the Challenge.

2. Eligibility – health

- (1) The Event is open to both amateur and professional athletes.
- (2) Competitors aged under 18 require written permission from a legal guardian.
- (3) In order to participate, each Competitor must submit a signed original declaration of liability upon registration. This can be signed at the Event location.

3. Equipment

- (1) Commercial mountain bike pedelecs with motor support up to a maximum of 25 km/h are eligible to enter. These are considered bicycles and therefore do not require insurance or registration for use on public roads. S-Pedelecs with unlimited support are considered as mopeds or motorcycles and are not allowed to compete. Anyone who competes on an S-Pedelec with higher motor support than 25 km/h is not just breaking the rules, but also in violation of road traffic regulations and is therefore guilty of a criminal offence.

Bosch e-mtb challenge series rules and regulations continued

9. Trials

- (1) Starters in the Bosch eMTB Challenge supported by Trek can compete as individuals or in teams. A team consists of a minimum of 3 and a maximum of 6 riders and any mix of genders is permitted. The scores of the three best riders in a team will be used. The team can also consist of a mix of amateur eMTB riders and advanced eMTB riders, but only the amateur stages will be rated for all team members.
- (2) There are two rating categories: amateur eMTB riders and advanced eMTB riders. Advanced eMTB riders have to complete an additional special stage. As a rule, this adds more distance and greater elevations to the entire route.
- (3) Men and women will be rated separately.

10. Premature abandonment of the Bosch eMTB Challenge

- (1) Competitors who abandon the competition early must immediately report back to the timekeepers in the finishing area. The organiser will initiate a search for any competitor that fails to report back to the timekeepers which will be at the competitor's expense.

11. Awards ceremony

- (1) An awards ceremony will be held approx. 30 minutes after the Challenge is over. We would ask the first three riders to attend the awards ceremony. Trophies will be presented for first second and third place.

12. Route

- (1) The route will only be revealed at the start. Each competitor will receive a map of the whole route, the orientation waypoints and stages. The transfer route will not be signposted throughout, but will be marked at prominent points with barrier tape, chequered flags, etc. Riders who leave the route on the trial stages must start again at exactly the same point.
- (2) The sequence of the orientation waypoints and stages must be followed. The precise sequence will be shown in a table on the map.

- (3) Taking shortcuts to gain an advantage over other riders will result in immediate disqualification.

- (4) The route may only be used by the riders during the Challenge. Marshals and medical personnel will be placed along the route while the competition is in progress.

13. Medical support

- (1) The organiser will ensure adequate medical support from doctors and paramedics along the route.
- (2) Riders who have given first aid or whose race has been impeded by an accident must report the incident to the race director in the finishing area. The race committee will take note of this and correct the time accordingly as necessary.
- (3) A stage may be blocked or even completely excluded from the race to enable the rescue team to reach an injured rider in the event of an accident.

14. Jury & protests

- (1) The Organiser shall establish a jury (the "Jury" for every Event). The Jury will consist of three members chosen at the discretion of the Organiser (usually the race director, organisational manager and the head timekeeper)
- (2) Any decisions regarding the management of the race, breaches of the rules and, in particular, disqualifications will be made by this body.
- (3) The Jury will decide on any breaches of the rules and protests reported by Event staff (e.g. marshals). "Protests" are breaches of rules reported by other Competitors or complaints by Competitors against measures (e.g. sanctions) by Event staff. Protests must be lodged with the race office no later than half an hour after the finish and, where appropriate, must be substantiated in writing with evidence (e.g. witnesses). The protest fee is €50 and is payable when the protest is lodged. The protest fee will be retained by the Organiser if the protest is not upheld and otherwise will be refunded immediately.

15. Organiser's liability

- (1) The Organiser's liability shall be limited as follows:

- a) The liability of the Organiser for damages deriving from injury to life, limb or health as a result of negligent or wilful breach of duty by the Organiser or a legal representative or vicarious agent of the Organiser, is unlimited in terms of grounds and extent.
- b) The Organiser's liability for other damages as a result of negligent or wilful breach of duty by the Organiser or a legal representative or vicarious agent of the Organiser is likewise unlimited in terms of grounds and extent.
- c) The Organiser accepts no liability for damages as a result of negligent breach of duty by the Organiser or a legal representative or vicarious agent of the Organiser, unless the damage is due to breach of cardinal obligations. However, the extent of liability for damages arising from breach of cardinal obligations shall be limited to the remediation of damage that was foreseeable and typical for the contract when the contract was concluded. "Cardinal obligations" are those obligations whose fulfilment facilitates the proper implementation of the contract in the first place and on whose observance can generally be relied upon.

- (2) The Competitor is herewith explicitly reminded that the Organiser and/or its legal representatives or vicarious agents accept no liability for damages for which they are not responsible. This applies, for example, to damage caused by misconduct/riding errors by other riders or the fact that Competitors are prevented from participating in part or all of the Event due to legal regulations and/or official orders.
- (3) This limitation of liability also applies expressly to lost valuables, clothing, equipment and damage to bicycles that may occur during transport.

16. Liability of the Competitor and indemnity

- (1) The Competitor is hereby expressly reminded that he/she shall be fully liable for damage to the Organiser or third parties (e.g. other riders) in relation to the injured party, insofar as the Competitor is responsible for them, i.e. the Competitor is guilty of wilful intent or negligence. The Organiser recommends taking out personal liability insurance for this type of event.
- (2) The Competitor hereby undertakes to indemnify the Organiser and/or the third parties commissioned by the Organiser ("persons entitled to indemnification") in full and on first request from all third-party claims that they assert against the person entitled to indemnification in connection with the damage caused by the Competitor and all costs incurred in this connection (including legal defence).

COVID-19 GUIDANCE: MUST READ!

Pre-Event



Bring your own:

- Hand sanitiser



- Face covering



- Water bottle



- Food



Wash your hands with soap and water (20 seconds) before leaving home



Stay at home if you've experienced any of the Covid-19 symptoms in the 24 hours leading up to the race

At Registration



Arrive at designated registration time only. Super-keano early types are not cool. Ditto lazy always-late ones.



Have Parental Consent forms and emergency details ready



Prepare to have your temperature taken



If you have a high temperature you may not be allowed to take part



Do not move to start area until 10min before your start time

During Event



If you have to sneeze, cover your mouth and nose with a tissue if possible and then dispose of it in bin.



Even though we love them, let's skip handshakes, hugs, fist bumps and high fives for now



Use provided hand sanitiser stations whenever possible



Keep 2m distance unless overtaking



Wear face covering while queueing



Follow one-way systems in place

Do not share water bottles

After Event



Return timing chip



Apply hand sanitiser



There are no showers or changing facilities available



Avoid crowds gathering in the finish area and remember your distancing!

THROUGHOUT THE EVENT



Avoid touching surfaces with your hands, sharing equipment and touching your mouth and face.



This event is a participant only event and spectators will not be allowed. Parents/Guardians should not congregate.



If possible, download the Track & Trace app on your phone and turn your phone's Bluetooth on.



Face masks must be worn at Registration, in bag/pocket during ride (in case of an accident) and while handing in your Time chip.



There will be hand sanitiser in each loo and a hand sanitiser outside the loos. Please make use of this before and after you touch the door to the loo.



Avoid using public transport and car sharing—just come on your bike if you can!



Hand hygiene – ensure to wash your hands for 20 seconds using hand sanitiser or soap and water. Participants should wash/sanitise their hands after completing their ride or session.



Any participant developing symptoms after a session should immediately isolate and request a test straight away. You must notify the event organiser if you develop symptoms after the session.

Tel 01721 588050 email: office@hillsideoutside.com

PARTICIPANTS MUST NOT ATTEND IF:



They have Covid-19 symptoms (new continuous cough, a high temperature or a loss or change in taste or smell)



Someone in their household has Covid-19 symptoms



If they have been asked to self-isolate at home by the Scottish Government Test and Protect system



They have returned from a country which is not on the exemption from quarantine list in the last 10 days



Festival partners



Platinum partners



Gold partners



Silver Partners



Bronze Partners



Supporting partners



POC

KINGDOM

Accommodation Partner



Media Partner

