



TongDuro 2021 – Event Schedule, Rules & Regulations

Covid 19

What do attendees need to do?

If you are attending the event, as a racer, driver, family member, friend or mechanic you must carry a face covering and sanitiser gel at all times. You must self-check before attending the event (see below). Your camps must maintain 6M distances, you should stay 2M away from others at all times, you should practice good hand hygiene. If you are in a queue likely to be over a few minutes then please use your face covering. Please also consider bringing some wipes, for touch surfaces.

Please wear your face covering at **Registration**, carry your face covering during the race so that you can put it on between the Finish and handing in your SIAC (Timing Card). As cases of COVID-19 increase, it is quite possible that someone at the event will have contracted the disease. It is essential that we protect the SPORTident Timing Team because if they are legally required to self-isolate, the success of forthcoming events will be placed in jeopardy and some of the events they support will not be able to take place.

Lastly, please read our Covid guidelines at the event which will be positioned upon the 'Event Information Display Board' located centrally in the Tongduro event hub, this will provide you with all the information necessary to maintain your safety and hygiene throughout the day.

Pre-event symptom check – this is direct from the government, strictly enforced, please adhere to this important information.

All participants, officials, volunteers and spectators must undergo a self-assessment for any COVID-19 symptoms. No-one should leave home to participate in sport or officiate if they, or someone they live with, has any of the following:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

Should an individual have demonstrated any such symptoms, they must follow NHS and PHE guidance on self-isolation.

Who can NOT attend?

- any person who has tested positive for coronavirus in the previous 10 days,
- any person who has had close contact in the previous 10 days with any person who has tested positive for coronavirus,
- any person experiencing symptoms associated with COVID-19;

Tongduro full COVID Risk Assessment will be displayed upon the Information board within the main event hub throughout the weekend.

Event & Rider Instructions, Rules and Safety Briefing

Below is the rider and spectator information, we are aware there is a lot of information but please do not use this as an excuse for not reading it thoroughly, and knowing what you need to do and what rules to follow. More information will be added as we approach the event.

Danger!

Racing mountain bikes is a dangerous sport. You should ensure you're familiar with the warning signs and tracks should not be hit at race speed until you are comfortable with your ability on each stage.

Friday 30th July *gates open from 4pm & shut 8.30pm, strictly no visitors thereafter*

- 4pm onwards site opens for riders wishing to camp (registration available after track walk).
- 5pm – 8pm Track walk.
- 7.30pm – 10pm music to include DJ, acoustics and sing-along.

Food and drink (beer & soft drinks) will be available throughout the evening, all food provided by independent caterers (awesome stonebaked pizza, burgers)

Note* Bikes are strictly NOT allowed on the trails on the Friday evening at any time!

Saturday 31st July *gates open at 7.30am & shut 7pm, strictly no visitors thereafter 7.30pm*

Time	Activity	Guidance notes
8am – 10am	Registration where you collect your number board & SIAC (Timing chip). Walk the track.	See site plan at end of this document for parking & camping layout and access.
9.30 – 9.45	Marshal's briefing	This at the main race hub, marshals only
10.00 – 10.15	*Event Briefing – Everyone*	Please ensure you are on time; this will not be repeated!
10.15 – 12.00	Practice	No practice without being registered.
12.00 – 1.00pm	Lunch	
1.00 – 5pm	Racing	All
5 – 6pm or follows racing	Wind down, raffle, presentations, wash up etc	Riders are encouraged to remain around the daytime race hub for this.
6pm – 10.30pm	Live music, food & drink etc	More details on the evening's entertainment shared upon social media.

Several briefings will be provided throughout the day, these will be communicated from the main 'TongDuro Race Day Hub', please respect these informative communications and politely pay attention to the speaker.

Sunday

8 – 11am Site Clean-up – We encourage those staying over to support Sundays clean up are grateful for those who help us clean up the site (remove race tape, signage, litter picking, recycling etc..).

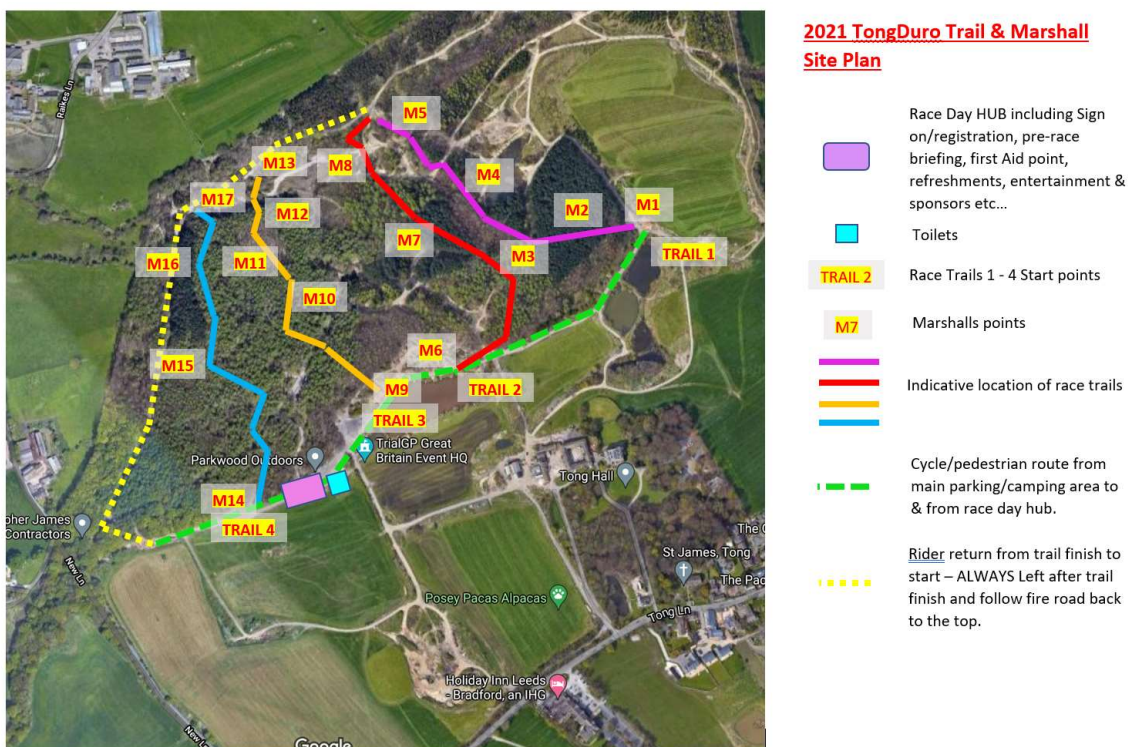
Race Format

- SPORTident will allocate race numbers to all riders, these numbers are non-transferable and will stand as the individual's race number throughout the day, please do not swap any numbers.
- SIACS (Timing chips) will be provided to each rider at registration between **8 – 10am** and prior to commencement of free practice. The SIAC (Timing Card) must be worn on the **RIGHT** wrist and any GPS device must not be worn next to the SIAC – please swap it to the other wrist. It is the responsibility of each rider to ensure their SIAC is securely fixed throughout the race.
- This event will follow the format of a typical 'Enduro' race with 4 x individual stages, each being raced twice (8 stages in total).
- Racing will start with all riders being split into 4 groups and starting in numeric order across the 4 stages (ie, Stage 1 = riders 1 – 50, Stage 2 = riders 51 – 100 and so on) however only for the first run, thereafter all stages will be open and free for riders to pick & choose at their own leisure... basically any trail at any time following the first run.
- Riders will be released in increments of 30 seconds at a time, this should provide sufficient time for each rider to have a clear run from start to finish.
- Each stage is approx. 0.7km in length with an elevation drop of approx. 300ft. Timing is expected to take between 1.30mins – 2.30 mins per trail, dependent upon rider ability level.
- Racing will be split into the following categories for timing & presentation purposes:
 - Female
 - Under 18's (14 – 18)
 - Senior = 19 – 29 years
 - Masters = 30 to 39 years
 - Veterans = 40 to 49 years
 - Grand Vet = 50+
 - EBikes
- All stages must be raced 2 times (4 x 2 = 8 timed sections in total). **It is the riders responsibility** to ensure they have raced each stage twice to ensure their total race time can be calculated.
- Any riders racing a stage more than twice will have any additional times removed, only the initial 2 recorded times will count towards overall race results.
- At the end of all race stages, riders shall pass the finish timing beacons & then follow the directional signage LEFT onto the circular 'Fire Road' to make their way back to the stage start lines/Tongduro race hub, this approx. 1km in distance with some moderate climbing.
- Transitions between stages are not timed, only race stage descents.
- All stages have independent starts & finishes.

- You must return to the Event Hub by 5pm and hand in your SIAC. **PLEASE WEAR YOUR FACE COVERING.** If you retire from the event, you MUST return your SIAC to avoid us searching for you on the course. There is a charge of **£60** for any SIAC that is not handed in.
- When you download your SIAC you will receive a splits print that shows your stage times. You can return to the Event Hub after your first lap and get a DIY splits print that shows your stage times so far. Remember that you will not see an overall time until you have completed all 8 stages. Please discuss any discrepancies with the SPORTident Team at the event. There will be a results screen at the Download but please don't crowd around it unless you wear a face covering. If you scan the QR Code on the splits print you are given, you will see live results on your phone a few minutes after you download your SIAC at:

<https://www.sportident.co.uk/results/Tongduro/2021/Tongduro>

- Please always respect other riders when racing. Due to the nature of racing, the trails will change throughout the day as trails erode, should hazards develop that raise cause for rider concern then please notify the nearest marshal who will attend to resolving so safe riding can resume.



Practice

- Please recognise the term practice, riders are expected to respect each other during this period and always be mindful of other riders' safety, please also be vocal & courteous when approaching or passing fellow riders.
- When stopping to 'look' at features during practice, please ensure you completely remove yourself & your bike from the track to remove any potential safety hazard to other riders.
- Always be aware of your surroundings & **never** walk back up the trails!
- Marshals will be in position throughout the duration of the practice period.
- Children are NOT permitted to ride the course at any time, regardless of being accompanied by an adult who is racing.

Rider Registration

- UNDER 18'S - As organisers we have a duty of care to look after all our racers. Any racer that is under 18 years of age on the first day of the event **MUST BE** accompanied by a responsible adult (Min age 18) support racer/rider/chaperone. The responsible ADULT and rider must take a pre-race track walk and have signed the pre-race declaration form stating that they are responsible for consenting the rider to race. This is non-negotiable, anyone under 18 without a responsible adult or an adult not willing to sign the consent will not be allowed to race.
- ALL riders **MUST** complete a pre-race walkdown of ALL the trails prior to registration, riders are not permitted to register without undertaking this walkdown.
- Only once you the rider, are satisfied that you are competent and willing to race should the registration be signed. Tongduro are not responsible for your own competence, these trails present dangerous hazards which you are responsible for claiming is within your riding capability.
- Any individual not comfortable to race having completed the track walk is fully entitled to withdraw their entry, we respect that decision, no refund will be available for withdrawals on the day.
- Rules are simple for registration, no sign, no race!

Rider Information

- Full face or half face helmets & knee pads as a minimum, are mandatory for all riders during practice and race runs. Any rider caught not wearing or refusing to wear these protective items will be removed from the race, simples! Due to the nature of the sport, additional protective clothing such as elbow pads, shin pads, gloves etc are strongly advised. It is also advised that helmets remain to be worn whilst riders transition between stages.
- Tongduro accepts no responsibility for rider personal insurance throughout the event. It is the responsibility of each individual rider to ensure they have adequate insurance cover in place for both personal injury and bike damage.

- Please take the time to attend the track walk between (8am – 10.00am) as this is critical for the riders to assess the track(s) and familiarise themselves with any hazards which may cause concern or influence their decision to race.
- All riders **MUST** then sign the TongDuro rider declaration before they are permitted to race, anyone not agreeing or accepting of this declaration shall be prohibited from taking part in the event.
- By signing this declaration, all riders accept full responsibility for themselves in taking part in the event and any personal injury caused to themselves or others during racing, Tongduro will not be held liable for any rider injury.
- Riders are advised to bring along suitable spares & tools with them as necessary to facilitate repairs & maintenance throughout the day. Basic tools such as Alan Keys & tyre pumps can be provided by Tongduro upon request.
- **Go Pro's / Action Cameras** – Please be aware it will be the start marshals call, if they are not sure you will be asked to remove it. If you are, please do not argue, they are doing their job; as always abuse of our marshals will not be tolerated. Stick on mounts may be fitted to your helmet, but not used, however we do advise against using stick on mounts to your helmet at all.
- Please remember these are for your safety. Start marshal discretion is final on these rules, if they don't like a "legal" mount for any reason please respect their judgement. These are in line with current UCI recommendations.

- **ALLOWED**

Bike Mounts – below cockpit level
 On top of Peak
 Manufacturer fitted helmet mount

- **BANNED**

Body Mounts
 Stick on mounts on the main helmet structure (peak only)
 Modified factory mounts
 Complex mounts including gimbals, extensions, and rotating mounts



- **Transitions:** It's compulsory to follow the marked transitions on your race lap, please obey marshals instructions.
- **Whistles:** Every time a rider passes a Marshal they will blow his/her whistle. This lets people around know that there is a rider about and it also lets you know that in the instance of hearing a second whistle as you pass then there is someone right behind you. *****Be aware if the marshal chooses to wear a face covering there will not be a whistle*****

- **If you see an injured rider:** Please acknowledge you have seen them and continue to the next marshal to report the incident. If your race run is affected you are authorised to have a re-run, you will need to notify The timing chip manager from Si-Entries back at the Race hub to reset your chip.
- **Photographers:** A spectator with a camera is not a photographer, actual professional or amateur photographers who can show PLI & attend a safety briefing can get a special wristband and have access almost all areas. Please note that we will be required to restrict photography/media passes at this event.
- **Respect the officials and helpers & Follow instructions given:** Anyone found to be swearing or giving abuse to any of our Event Staff whether that be Marshals, Timers, Helpers, Medics etc will be asked to leave the event. If you have a problem whether you're racing or perhaps on behalf of your son or daughter then come and talk to any of the core team. (Organiser's Steve & Ian) or any stage marshal.
Those that know us always find we are reasonable and willing to listen and will help or advise the best we can.
- **Armour:** There are no specific armour rules for this event. Only that a helmet is compulsory. Full face helmet is advised. Knee pads & gloves are strongly advised. We can't advise strongly enough that knee pads, gloves & long sleeves should really be worn. We expect some riders to use full faces helmets on the stages but remind you that unless you are walking with your bike a helmet is 100% compulsory to be worn at all times, correctly fastened.
- **Health & Safety:** Anyone wearing headphones whilst riding on course (with a bike) will be disqualified – No second chances. You have been warned! Helmets worn correctly at all times whilst between the tape. No pushing back up the track during practice or racing, no walking the course during race runs. Absolutely no travelling in the wrong direction on the stages at any time. The arrows will lead you to the next stage, or if you wish to session a stage you may need to consult the trail map for a suitable route.
- **BAR END PLUGS MUST BE FITTED** – You will not be allowed to enter the course without them

Parkwood Site Layout & Behaviours

TongDuro Site Access, Camping & Entertainment Site Plan 2021

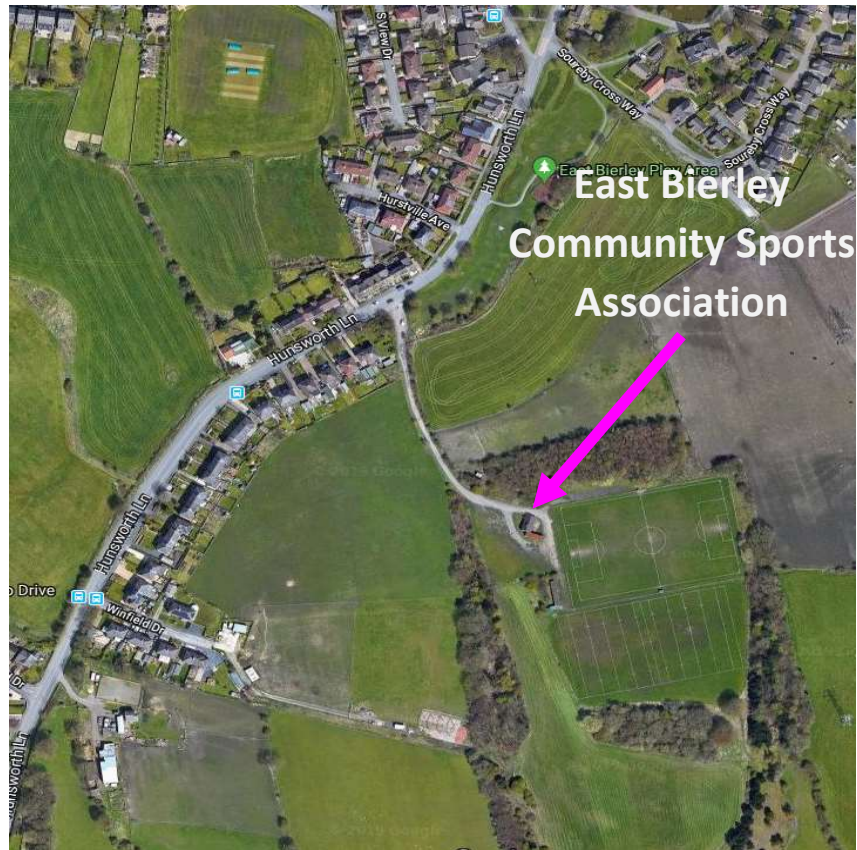


- Please follow the TongDuro directional signs on arrival (these will be bright pink with black text), Once within the Parkwood site, please adhere to the sitewide speed limit of 10mph, anyone speeding in excess of 10 mph may be removed from site.
- Access between race areas & camping/parking shall strictly be via foot or bike only, unless otherwise by prior agreement with Tongduro/Parkwood. Traffic Marshals will be on site throughout the entirety of the weekend to facilitate all site movement.
- Spectators should always acknowledge race areas and ALWAYS remain outside of taped race lines, any areas prohibited to spectators will be clearly taped & signposted throughout the course with hazard tape. DO NOT ENTER under any circumstances, these prohibited areas.
- Please respect the grounds and deposit of all your waste in the bins provided. Spectators & riders are also encouraged to pick up & dispose of any litter whilst on the trails throughout the weekend.
- Access into the woods after racing/7.30pm is strictly prohibited, this restriction is lifted for Friday evening track walk only.
- Do not enter any of the ponds around the site at any time of the day.
- For those camping, please respect the environment, noise should be kept to a minimum after the hours of 11pm, anyone abusing this request will be kindly asked to leave the site, regardless of the time. TongDuro management and security will be present throughout both evenings, anyone not respecting these wishes will be subject to removal from site, no questions asked.

- Children are the responsibility of their respective adults at ALL times. We encourage children attending the event however, we cannot be responsible for their individual safety when roaming around site within the areas designated for spectators or riders.
- Dogs MUST be kept on a leash and under control at ALL times especially in close proximity to spectator positions for racing.
- Strictly NO camp fires allowed on the Parkwood site.
- Please do not feed the animals! There are various animals on site including Alpaca's, horses, ducks, geese etc., please always refrain from feeding the animals, anyone not respecting this request will be asked to leave the site.
- Your kit is your responsibility, under no circumstances will TongDuro be held responsible for the personal belongings of any riders or spectator, all items are to be stored/locked away safely at all times throughout the day and during the Friday & Saturday evenings if camping.
- Riders and are fully responsible for their own bikes at all times of the day. Please do not leave bikes unattended at any time, this includes overnight, Tongduro & Parkwood accept no responsibility for theft or damage to any bikes on site at any time of the day.
- We would request that all those camping vacate the site by 12 noon latest on Sunday 1st August 2021.

Camping & Welfare Facilities

- Camping is available for all riders & spectators on both the Friday & Saturday nights. Designated areas for camping are identified upon the site plan accompanying these rules. We request that all campers respect the designation of these areas at all times and always respect the wishes of others in the camping area.
- No camp fires are permitted at any time.
- Campers are responsible for cleaning up and removing of individual waste created during their stay, please remove from site.
- Sanitary & hand wash facilities will be made available for personal hygiene at designated locations across the site, see site plan accompanying this information.
- **Showers facilities may be provided however, only upon request as these provisions are located off site**, approx short 5 min drive away from the Parkwood site. Showers are available following race finish, approx. 6pm, till 7.30pm. Separate and private male & female shower are provided at this location (please provide Tongduro staff with prior notification before the day should you wish to use).
- **Postcode for showers is BD4 6PU** (East Bierley Community Sports Association)



- **Directions (Showers):**
 - Leave the Parkwood estate turn right onto Tong road.
 - At the crossroads turn right, take 3rd exit towards Bradford (A650) travel approx. 750 yards and take 2nd left ,north view road, down the hill to crossroads and straight across on to South View Road. Continue 400 yards and turn left down Hunsworth Lane, just after school.
 - Turn left immediately after the park, down unmaded road, East Bierley Community Sports Association, watch the bumps!
 - Ladies first changing room on the right, Gents either changing rooms on the left.

Key points of interest & Local Amenities

Leeds Infirmary Accident & Emergency

Located in: University of Leeds

Address: Great George St, Leeds LS1 3EX

Hours: Open 24 hours

Phone: 0113 243 2799

Bradford Royal Infirmary - Accident & Emergency

Address: Duckworth Ln, Bradford BD9 6RJ

Hours: Open 24 hours

Phone: 01274 542200

Local Amenities

- Greyhound Inn, Tong Village – 500m left along tong lane when exiting Parkwood site.
- Goodall's Ice Cream, Tong Village – 700m left along tong lane when exiting Parkwood site.
- Lane End Farm Shop, 750m right along tong lane when exiting Parkwood site (after the Garden centre).
- Petrol Station – 1km to the right heading towards Bradford located on the roundabout on A650.
- Birkenshaw Village – 2.5km away, follow same route as for petrol station, COOP shop, Deli, café's... only shop open on a Sunday.

Lastly

You will see a number of the rules and regulations require you do to certain things at certain times – Failure to adhere to these rules could result in you having to ride back to the car park, go back down the field or be disqualified – we've tried to make it simple and straight forward for everyone.

TongDuro reserves the right to modify or cancel the event if circumstances beyond the control of the organiser should arise. This includes cancellation of event due to extreme weather, acts of God, violence, civil disobedience and war.

If the event is cancelled we will not be liable for costs of travel fares, hotels, or any other expenses that may be incurred.

It is your responsibility to ensure the race is going ahead before travelling. We will do our best to inform you if the race has to be cancelled but we do not accept liability if we are unable to contact you. We strongly advise that you check before making travel and accommodation arrangements. If the event is cancelled we would endeavour to reschedule if possible. Please be aware that we may be unable to refund or part refund any entry fee. We also may be unable to transfer your entry to another event.

We recognise the importance of all riders & spectators in respecting the above rules and regulations however, our intentions are to make this a fun day for everyone involved so please be patient if timing does not run entirely smoothly or, if you see anything you feel can be improved upon., please don't be shy in letting us know.

We welcome your feedback both on the day and after the event in efforts to improve for 2022 so please shout up, we won't be offended.

Enjoy.

Key Contact Details

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| 1. Steve Hrynyszak | - | 07786 162506 |
| 2. Ian Stuart | - | 07976 943703 |