



The Active Life Oysterman Triathlon 2021

I am really looking forward to welcoming you all to this year's Active Life Oysterman Triathlon. Whether this is your first or 100th race, I hope that your training is going well and that you have a great race day. The greatest impact on this year's race is that Covid 19 restrictions remain in place. The Oysterman will be a socially distanced event and I'm asking that everyone creates their own 2 metre bubble that they remain in from arrival at the event through to the time they leave the event. Participants will still get the full race experience but we are having to deliver an event without all the added extras.

I have been in regular contact with both Triathlon England and the local authority safety advisory group to create an event that all parties are comfortable with. The plan focuses on 5 key areas: information in advance; touch point reduction, density reduction, participant self-reliance and enhanced hygiene. For this reason some things will be different and it is really important that you read the information really carefully so that you have the best race day experience possible.

Face coverings are required when you arrive and whilst waiting at the race pack collection or inside the toilets. They will not be required once you are inside transition or for the remainder of the race, but you are welcome to wear one if you wish. There will be hand sanitisers at the race pack collection, at the entrance to transition and at the finish line.

If you or any members of your household have been unwell and displayed any symptoms of Coronavirus in the proceeding 10 days you must not attend. The current NHS guidance can be found here - <https://www.nhs.uk/conditions/coronavirus-covid-19/>

I will be in touch again on Friday 2nd July with a link to the race briefing which this year will be sent to you virtually rather than delivered face to face. In that email you will be asked to complete and submit an online pre-event health declaration before arriving at the race pack collection. You will also receive details of your race number and swim start time.

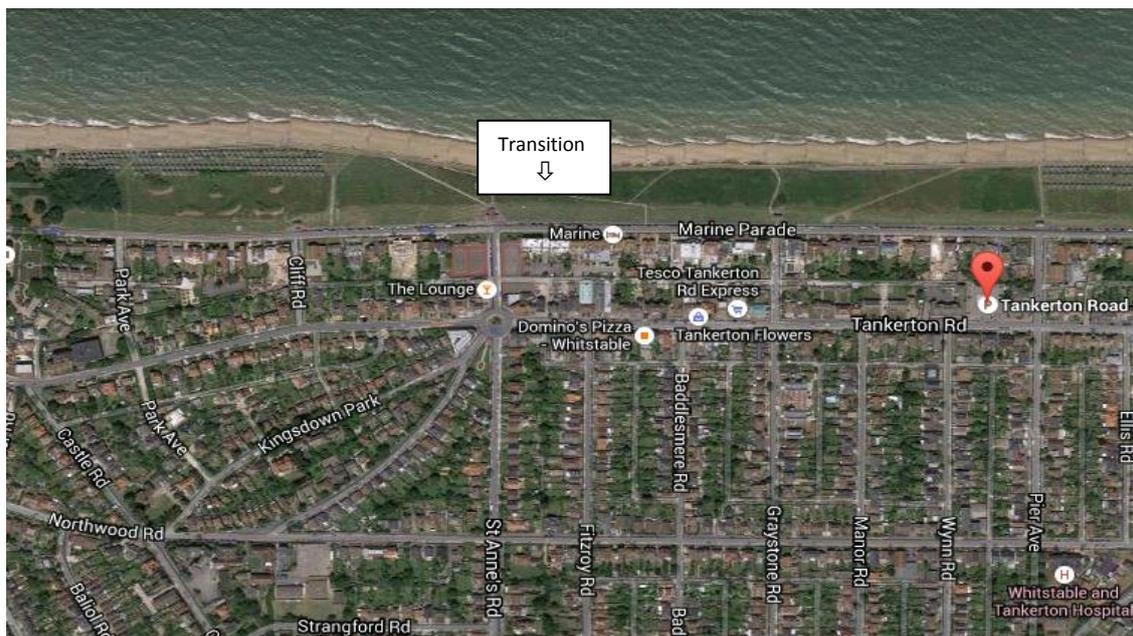
I wish you the very best of luck with your remaining days of training and of course on race day. If you have any questions, please don't hesitate to contact me by email: giles.seaford@activelifeltd.co.uk.

Giles
Oysterman Race Director

Venue: Please head to the race pack collection area to the east of the cafe opposite St Anne's Road, on Marine Parade, Tankerton, CT5 2BE. Please see the map below.

Travel: We do not have an official car park for the event but there will be plenty of spaces along Marine Parade and the roads that run off it, leaving a short walk to transition. Alternatively, there are a couple of car parks nearby. Tankerton Road Car Park, CT5 2AS is a 5-minute walk to transition, whilst the much bigger Gorrel Tank Car park, CT5 1LB is a 10-minute walk to transition but please beware there is a height restriction barrier here.

Whitstable train station is 0.8 miles away (approx.17-minute walk) and Chestfield and Swalecliffe train station is 1.2 miles away (approx. 23-minute walk).



Race Pack Collection:

We will be opening race pack collection on the Saturday evening (3rd July) from 18:00-19:30. This helps spread the collection process over two sessions and makes for a more relaxed race day morning, so if you are able to, do come on down and get your race packs in advance. If you are not able to come on the Saturday, race pack collection will be open again from 06:00-07:00 on Sunday morning.

Please note that you will not be able to rack your bikes on Saturday evening, this can only be done on the morning of the event. As there is only 1hr for everyone to rack their bike and set up their equipment, and to help with social distancing, please plan your set up before you arrive.

You **MUST** bring **PHOTO ID** to collect your race pack, **NO ID, NO RACE PACK**. If you are a current Triathlon England member please use your membership card as your photo id.

With your race pack you will receive -

- Timing chip and velcro band which should be attached to your left ankle
- Swim Cap
- Medal
- T-shirt

- Race number
- Number stickers for your bike and helmet. The small sticker goes on your helmet and the long sticker wraps around your seat post.

If you are collecting your race pack on Sunday please put your helmet and bike stickers on before attempting to go into transition.

Equipment:

You will be allowed to take a small bag into transition. Please note for safety reasons and in line with British Triathlon rules, no boxes or bags larger than hand luggage will be permitted in transition. The following list might be helpful, but choose what will work for you:

- Swimwear (costume, goggles)
- Wetsuit
- Towel
- Footwear to walk down to the swim start (flip flops, crocs)
- Any specific medication (inhaler etc...)
- Bike (road, mountain or hybrid but must be road legal and not banned by Triathlon England)
- Helmet (this needs to be close fitting so that it won't come off)
- Race belt
- Bike Shoes, running trainers and socks
- Tri suit or top and shorts
- Transition gear (small towel/anti chafe cream/race belt/sunglasses)
- Water Bottles and energy gels/drinks

Certain items are banned under the British Triathlon rules, these include MP3 players, mobile phones and personal video recording devices during the race. Please only bring what you need into transition. Fixed wheel bikes (bikes that use the pedals as a brake) are not permitted in the race, e-bikes are also not permitted. Please follow the link to the current British Triathlon [rules](#).

Transition:

Please do not bring valuables with you as unfortunately we have had to remove the secure bag drop and there will not be facilities to keep them safe. Only competitors will be allowed into transition and it will be staffed at all times. Please bring your bike with you on your arrival. Your main race number will allow you into and out of transition. You will only be allowed out of transition at the end of the race with all your race numbers still attached and matching. This is to ensure your bike and helmet goes home with you and not with someone else. Please ensure the end of your handlebars are covered and there is no exposed metal before you arrive at transition. There will be a Triathlon England Technical Official in transition to monitor all competitors. We will not be body marking competitors, if you wish to do so, this should be done in advance before you arrive at the event. Your race number will be listed in the race briefing email that you will be sent on Friday 2nd July. Racking will be numbered on both sides and we have reduced the numbers of bikes per rack to allow for social distancing. Bikes should be racked by your seat with the racking number pointing towards your handlebars. Once you have set up your kit please make your way out of transition as soon as possible to enable social distancing.

Team entries:

For those of you competing as a relay, sharing of equipment is prohibited. Team members will be given an additional timing chip and race number in their race pack. Once the race has begun, team members must wait outside transition in the holding area until your team mate steps into the holding area. Both team members will then be permitted to enter via the swim in/bike in to collect

their bike and helmet or to start the run section. Team members who have completed their section of the relay should then exit via the bike out/run out as soon as possible and spectate at a safe distance. Team members will only be permitted to re-enter transition once their team members have finished the race. All team members will need to be very careful where they go with their timing chips while they are waiting to race. The reason for this is that if a timing chip passes too close to any timing mat it will trigger the timing system and cause errors in your results.

Briefings:

We are not intending to hold any briefings on race day, the pre race brief will be emailed to you on Friday 2nd July and will also be added to the www.oystermantri.co.uk webpage. This final email communication will include details of whether the swim is a wetsuit swim or not, your swim time (and race number) and a link to the Covid declaration that must be signed before collecting your race pack. If we have to inform you of an important change this will be communicated as you enter transition.

Food/Drink:

You will need to provide your own hydration throughout the event as a result of reducing the number of contact points. There will be no water stations on the course. The on-site café will be open from 06:30am on the day with social distancing measures in place. The café only accepts cash!

Toilets:

There are public toilets on site that will be open from 06:00. Masks must be worn before entering the toilets. There are no changing facilities on site. We recommend wearing your race suit to the event leaving just your wetsuit to put on when you arrive.

Spectating:

The latest Triathlon England guidelines allow spectators to attend, however, spectators should be kept to a minimum and social distancing must be maintained. Please only invite spectators where it is necessary for them to attend. If they have any specific health issues, it is important that they are advised against attending. Most of the course is in public spaces along Whitstable seafront but please note that spectators will not be permitted in the area immediately surrounding the finish line or by the "swim in" area.

If you have family and friends that would like the best views on the course then we would always welcome them to help marshal, just get in touch if they can. All the marshals are volunteers and as Sunday 4th July is national Thank you Day: <https://thankyouday.org.uk/>, please join me in thanking all the marshals for giving up their morning voluntarily, as you make your way around the course. The more interaction they get the louder they will cheer.

Medical information:

If your medical history has changed since registering online for this event and may impact you or others in some way then please make let us know. As stated above, if you have any Covid symptoms, do not attend the event. We will be asking everyone to certify that they don't have any symptoms when we send out the pre race briefing on the 2nd July. Phoenix Medical Services will be on site throughout the morning should you require any assistance.

Wetsuits:

Triathlon England rules state that if the water temp is below 14C, wetsuits are compulsory and if it is over 14C then they will be optional. The average sea temperature today is 14.9C and should continue to rise over the next 2 weeks. However, the technical official has agreed to allow the water to be tested in the week leading up to the race and we will notify you in the pre-race briefing

whether wetsuits are compulsory or not. Our recommendation would be to wear a wetsuit if you can as it will improve buoyancy, means a faster swim and is safer.

Swim:

The start will be a continuous rolling 'time trial' start. We will send your swim time and details of your race number along with the pre race briefing email on the 2nd July. The swim order has been created based on the swim times you provided when registering for the event. This should mean that you will be swimming with people of a similar ability but we appreciate pools have been closed and actual swim times may vary. However, please keep to the swim order to allow us to maintain social distancing. Marshals will start to lead the first swimmers at 07:00 down to the promenade. If you are one of the later swimmers, please give yourself plenty of time to get down to the swim start area which is a few minutes' walk from transition. Please keep to the paths as Tankerton Slopes is nationally recognised for its rare flora and fauna.

The first swimmers will be starting at 07:15 with the last swimmer setting off sometime around 07:23. If you need time to warm up and get acclimatized in the water then you will need to do this as you walk along the seafront and before you get to the swim start. There will be 2 swim lines setting off swimmers every 4 seconds, so effectively 2 seconds between each swimmer. We will call you forward in groups of 10, (1-10, 11-20, etc). Please tell the swim marshal your swim number and they will set you off manually. When they say go, your race has begun. Competitors must maintain 2 metres social distancing on the swim segment including when overtaking. The swim hats provided are compulsory.

The swim course is 500m with large sighting buoys for easy navigation. We have adapted the course as a result of the social distancing measures meaning your swim will start from the shore. The swim entry and swim exit are separate this year to help you remain in your 2m bubble. However, there should be some fast times as you will be swimming with the current going east to west. At the swim exit you will need to cross the timing mat before making your way up the slope to transition.



In the unlikely event of adverse weather conditions, we may have to cancel the swim section of the event and turn the event into a duathlon. This will be a decision made on the morning of the event with the swim safety team and will be in the interest of your safety. The current forecast is looking

good with just a slight westerly breeze and nice calm conditions but an update will be provided in the online race briefing.

Swim Safety:

For many, the swim is the most daunting part of the race, but don't worry! Our water safety team will be there to guide you and help if required. The team, provided by Canterbury City Council's Foreshore services will be supported by Whitstable Canoe Club and Whitstable Paddles. The lifeguards are fully qualified lifeguards that patrol the sea throughout the summer. If this is your first triathlon, or swimming is not your strongest discipline, the only swim stroke that we ask you to avoid is backstroke. Otherwise take your time, nobody will be asked to leave the water unless it is clear that you are not moving forward and have not done so for a while. If you get into any difficulty, lie on your back and raise your arm; a lifeguard will come to you and if necessary, arrange the safety boat to take you to the shore. If you hear the lifeguards blowing their whistle, this is because someone is either in difficulty or drifting way off course. Please check they are not trying to get your attention. If you don't complete the swim you will be permitted to continue your race but your race time will show as DNF.

Bike:

Please take your time to study and understand the single lap bike route, which was updated at the end of 2019. For those who have completed the Oysterman before please notice the loop around Herne village and at the end of the course we are using Park Avenue rather than Cliff Road to bring you round to the dismount line. Marshals will be out on the course to assist and signs will indicate a change in direction so please do not turn off the route unless you see a sign or marshal. The marshals will not be stopping traffic for you and it is still your responsibility to check for traffic when pulling out of a junction. For those new to the sport, British Triathlon rules state that it is your responsibility to know the course and this point cannot be exaggerated enough. As a fairly technical course, the better you know the course the easier it will be to manage. Here is a link to the [bike course](#).

The bike route is on open roads so you will need to adhere to the road traffic act and highway code at all times. Please don't be tempted to cut corners! Helmets must be worn and fastened before the bike is touched, and remain fastened until the bike is racked at the end of the cycle stage. Please display your race number on your back during the bike leg.

Competitors must maintain 10 metres social distancing behind other riders on the bike segment unless overtaking. This is a non-drafting socially distancing event and anyone reported or caught drafting by the marshals or our motorcycle officials may face time penalties or disqualification.

Do not mount your bike until you have crossed the mount line and please dismount before you reach the dismount line.

Currently there are a set of 2-way traffic lights on Chestfield Road as well as continuous improvements to the road surface on Bullockstone Road. The impact of these are likely to be negligible but if necessary, we will provide an update in the race briefing.

Run:

The run is a predominantly fast and flat one, starting with a long slightly downhill grassy stretch to the promenade by the skate park. You will then bare right around the outside of the nature reserve on a flat concrete path, joining back on the promenade to the turnaround point. On the return, you will go straight through the nature reserve before re-joining the promenade all the way until you bare left up a steady incline leaving you only a 300m run to the finish line. Keep right and overtake to

the left (taking care to avoid oncoming runners). Please display your race number on your front during the run leg. Here is a link to the [run course](#).

The promenade and slopes are open to the public, although we expect minimal numbers to be around there will always be walkers and dog walkers at some point along here so please give people and animals a wide berth.

Race Finish:

Competitors must remove their own timing chips and place into receptacles, to avoid volunteers coming into contact with finishers. Transition will be open as soon as the first finisher crosses the line. We will be asking that everyone makes their way into transition as soon as possible after their race has finished to create space around the finish area and to allow social distancing when collecting your things. We have had to remove both the results machine and the awards presentations so as to reduce the points of contact. Live results will be available on the website immediately after the event and any queries should be sent by email to results@racetimingsolutions.co.uk.

Your race medal and t-shirt will be given to you at the race pack collection. This is not the preferred way to recognise your race and we hope that next year things will be different. We will be providing awards for both overall male and female, first, second and third place finishers as well as the first team. All awards will be posted out after the race.

Injuries between now and race day:

Unfortunately, due to the Covid restrictions having an impact on the race budget, deferrals from this point onwards are no longer possible. You can transfer your entry to another person. Your best option is to see if you can find someone who wants to do the race and hasn't yet entered, and then you can sell your entry to them. We would just need an email from both parties to say that the other participant has agreed to take your place. The new competitor will then need to provide all their entry details so that the entrants can be changed over. This would need to have been arranged before 12pm (midday) on the 30th June. We will no longer be able to find a replacement for you due to the time constraints before race day.

We will not be contactable by email after Saturday 3rd July at 9am so if you have any queries please email them over to giles.seaford@activelifeltd.co.uk before then.

Enjoy your race.