

Hi

Thank you for entering the Lezyne Arundel Lido Triathlon.

We're a week away now and the layout and plans have all been finalised with the various authorities to make sure we're COVID compliant.

These are the main points in the lead up to next Sunday's race:

- You are ALL duty bound to complete the **COVID-19 Health Declaration**, a copy of which can be found on our website [HERE](#). Please ensure you fill it in, it only takes 20-30seconds. You can't race until it's completed and you need to do it BEFORE next Sunday.
- **Swim start times** are now online [HERE](#). If you think you've put down the wrong (800/400m) estimate there's no need to contact us, just look through the list and start with similar ability swimmers.
- **Race details:** [It's imperative that you read these before you arrive as there are quite a few changes to our normal format.](#) There is no official briefing on the day, the race details and maps are designed for you to self-brief.
- Please remember this year's race is on a 'participation' basis and not 'competition' (no prizes and results in alphabetical order).
- The 250m swim will be a 'snake-style' or 'zig-zag' up and down the lanes to minimise passing & overtaking in the water.
- The Standard & Sprint run course are the same. However, the Standard run heads to South Stoke village first and then goes up towards the trig point before returning to Arundel.
- Relay Teams: Race numbers were sent to your allocated swimmer.
- MAKE SURE YOU READ ALL THE INFORMATION & MAPS ON THE WEBSITE [HERE](#)

COVID-19 and Social Distancing Guidelines

- A reminder: We'll still be under the 'Rule of 6', so **social distancing must be maintained**. Arrive on time for your start to ensure that we fully comply with all guidelines and avoid the risk of any larger groups of people congregating.
- **No spectators** are permitted this year, so please don't bring family or friends.
- Please bring your own handwash/sanitiser, there will be some available at the finish / toilets.
- If you are feeling unwell on the day **please don't attend**.
- At the finish just keep walking through the wide funnel and into the finish zone or transition to collect your bike.

PLEASE REMEMBER: There are **no water stations on the course or at the Lido**

Team Raw Energy.

