



**2021**

**VIMX SPRING RACE SERIES**

***"SAFE TO RACE "***

***RIDER HANDBOOK***



# **VIMX Spring Race Series**

## **Riders Handbook 2021**

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## **1) COVID : Self / Public Care Guidelines**

### **Avoid Contact / Social Distancing**

Always remain 2 meters (6 feet) away from others. Please refrain from hugging or shaking hands. It is **MANDATORY** to wear a mask or a handmade face covering when leaving your pit area. Be sure to use hygienic practices when coughing or sneezing and immediately wash your hands.

### **Wash your hands OFTEN**

Frequent hand washing is the best way to protect yourself and others from coronavirus and carry/use hand sanitizer. *Even if you wear a mask or handmade face covering, you should continue to employ protective hand hygiene and other measures.*

### **WHEN should I wash my hands?**

As often as possible, but especially:

- Before I touch my face (eyes, mouth, nose)
- After I cough, sneeze or blow my nose
- Before and after I provide care to a close friend or family member
- When my hands are visibly dirty or after I touch a dirty object
- Before and after I prepare meals
- Before and after I eat
- After using the toilet
- Before and after going to a public place
- Before putting on a mask or homemade face covering and after removing it

## **2) COVID: Restrictions/Procedures**

### **Registration & Entries:**

All registration for entries, practice, waivers, gate and camping payments **MUST BE COMPLETED ONLINE**. There are **NO EXCEPTIONS** and there will be **NO** onsite registrations.

### **Waivers:**

**Everyone entering the property MUST have signed and submitted waivers online. This includes racers, family, flaggers, medics, and staff. NO SPECTATORS PERMITTED. NO OUTSIDE GUESTS PERMITTED. ONLY RIDERS AND IMMEDIATE FAMILY.**

### **Gate Times:**

Friday gate opens at 2pm, closes at 9pm

Saturday gate opens at 7am, closes at 9:30 am

Sunday gate opens at 6am, closes at 9:00 am

**Overnight Parking:**

- Overnight parking will only be available for those in **SELF-CONTAINED** trailers or RV's.
- RV's will be parked at 20-foot distances.
- No groups larger than 5 (includes rider) will be permitted to stay in one camper.
- Only those who arrive in a camper will be permitted to stay in that camper overnight.
- Campfires are permitted but must not be left unattended. Please respect your neighbours and keep noise level minimum.
- Unless your racer is on the track, stay in your designated pit area

**Definition of Crew:**

A crew member is someone that helps the rider with the bike. Crew members can be a parent, sibling or spouse.

**Spectators:**

**NO SPECTATORS OR OUTSIDE GUESTS WILL BE ALLOWED AND THIS WILL BE STRICTLY ENFORCED. RIDER AND IMMEDIATE FAMILY ONLY.** We must keep the minimum amount of people on the property. No unnecessary people will be allowed to be part of the riders/racers crew. A limit of 5 total including racer will be permitted. There will be designated areas to watch your rider race.

**Riders Meeting:**

- Riders meeting will be broadcast over the loud speaker.
- All rider information will be announced over the loud speaker.

**Awards:**

- Podiums will not take place.
- Due to current COVID restrictions trophy pick up will be announced. Payouts will be e-transferred.



### **Your Designated Pit Area:**

You are responsible for your pit area and your crew. Any breaking of the above regulations will be disciplined through the riders results as well as being asked to leave the facility.

### **Security:**

Staff will be on-site patrolling the grounds, to ensure people are following social distancing measures outside of their pits. **Treat these people with respect** and if they ask you to break apart or move along, then **please obey them.**

## **3) How to Register to Race**

### **ALL REGISTRATIONS WILL BE COMPLETED ONLINE!**

1. MRC Registration is NOT required to race in the 2021 VIMX SpringRace Series.
2. Register on-line at [www.nanimomx.com](http://www.nanimomx.com) and proceed to Racing and Events and select your appropriate category and do not forget to sign the waivers required. If you have not signed the waivers, you will be contacted and not able to enter the track until it is completed.
3. **Registration will Close** the Friday before the race at **8pm** for all events on Saturday (Practice) and Sunday (Race).  
**NO LATE REGISTRATIONS.**
4. Waivers will be Online and attached to your registration. All riders, crew and family must sign individual online waivers.
5. After completing registration, you **MUST** pay online, including practice, race and camping fees for riders, crew and family (Max 5 people allowed)
6. It is the responsibility of the rider to ensure all waivers have been signed online prior to leaving the event.

## **4) Weekend Schedule**

### **Friday - Move in**

2 pm – Gate Open

9 pm – Gate Closed

### **Saturday**

7:00 am – Gate Open

9:30 am – Riders meeting announced over speakers

10.00 am – Practice All Day

9 am – Gates Closed

### **Sunday**

6 am – Gates Open

7:45 am – Riders meeting announced over speakers

8:00 am – Practice (2 laps, moto to commence following practice)

9am – Gates Closed



### **5) Practice**

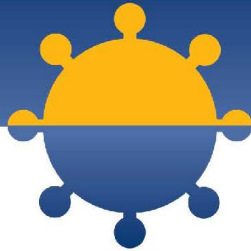
All day Saturday starting after Rider's Meeting. Sunday is 2 laps of practice after Rider's Meeting and before the start of racing.

### **6) Staging**

For all riders, only one crew member is permitted in the Staging area. It is mandatory for all crew to wear a face mask.

### **7) Podium Procedure**

There will not be a podium or podium celebration. Trophies will be handed out from the tower when that class is called via loud speaker. Paybacks will be sent via e-transfer.



# Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



## Hand Hygiene

**SOAP OR ALCOHOL-BASED  
HAND RUB: Which is best?**



Either will clean your hands:  
use soap and water if hands  
are visibly soiled.



Remove hand and wrist jewellery

### HOW TO HAND WASH

 <p>1 Wet hands with warm (not hot or cold) running water</p>	 <p>2 Apply liquid or foam soap</p>
 <p>3 Lather soap covering all surfaces of hands for 20-30 seconds</p>	 <p>4 Rinse thoroughly under running water</p>
 <p>5 Pat hands dry thoroughly with paper towel</p>	 <p>6 Use paper towel to turn off the tap</p>

### HOW TO USE HAND RUB

 <p>1 Ensure hands are visibly clean (if soiled, follow hand washing steps)</p>
 <p>2 Apply about a loonie-sized amount to your hands</p>
 <p>3 Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)</p>

COVID19\_HH\_001



Ministry of Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.



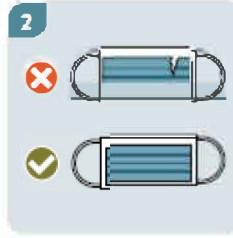




## Help prevent the spread of COVID-19: How to use a mask



1 Wash your hands with soap and water for at least 20 seconds before touching the mask. If you don't have soap and water, use an alcohol-based hand sanitizer.



2 Inspect the mask to ensure it's not damaged.



3 Turn the mask so the coloured side is facing outward.



4 Put the mask over your face and if there is a metallic strip, press it to fit the bridge of your nose



5 Put the loops around each of your ears, or tie the top and bottom straps.



6 Make sure your mouth and nose are covered and there are no gaps. Expand the mask by pulling the bottom of it under your chin.



7 Press the metallic strip again so it moulds to the shape of your nose, and wash your hands again.



8 Don't touch the mask while you're wearing it. If you do, wash your hands.



9 Don't wear the mask if it gets wet or dirty. Don't reuse the mask. Follow correct procedure for removing the mask.

### Removing the mask



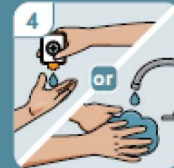
1 Wash your hands with soap and water or use an alcohol-based hand sanitizer.



2 Lean forward to remove your mask. Touch only the ear loops or ties, not the front of the mask.



3 Dispose of the mask safely.



4 Wash your hands. If required, follow the procedure for putting on a new mask.

Note: Graphics adapted from BC Centre for Disease Control (BC Ministry of Health), "How to wear a face mask."