**GENERAL GUIDELINES**

**For No Frills 2023**

**REGISTRATION:** There is NO REGISTRATION TABLE at ride camp. ALL documents and PAYMENTS MUST be done online in advance. **NO WALK INS**. Thank you for your cooperation.

**COVID PROTOCOL:** It is the responsibility of the rider/volunteer to ensure that they are healthy before attending No Frills. **Do not attend the ride if you are showing signs** of illness. OR if you have had direct exposure to someone who has tested positive for COVID

**RIDE BRIEFING**: You will receive a hard copy of the ride briefing you your rider packet along with your completion prize. I will have a SHORT Ride Briefing over the PA system in the front field followed by a Q&A.

**NO MEALS WILL BE SERVED**: Please come prepared. Bring your own food/meals and drink. VOLUNTEERS will be fed. Thursday night and Friday night

**AWAY VET CHECK**: We will still have packaged snacks, Premade PB&J sandwiches, water and Gatorade at the away vet check (self-serve.) For riders and volunteers

**BREAKFAST**: We will provide coffee and prepackaged breakfast **(Grab and Go)**

**AWARDS CEREMONY/MEETING**: Instead, completion prizes will be in your rider packets and Top Ten and BC will be announced over the PA system in main front field. Winners may pick up their awards at Ride Managers trailer.

**\*\*\*FACE COVERING or MASKS**: Wearing Masks are Optional and a person choice.

**VET CARDS**: **Riders carry their own vet cards**. **PLEASE PROVIDE a self-addressed stamped envelope if you are leaving early and want your ride card returned. We will try to take photo copies of the cards so we can give them out after the awards.**

**VETTING IN: You will be given a vet in time when you arrive in camp. Please adhere to the time you are assigned**

**START LINE: MUST warm up in the field. The start will be at the gate to the front field**

**VET CHECK PROCEDURES**: Remember you WILL BE CARRYING your rider card and procedures are back to Pre-Covid. **please read carefully….**

1. We are back to normal procedure. Stop at the In Timer, hand your card to the assistance who will record your in time on your card, and hand it back to you. Head timer will record your in time

2. **DROP TACK AT THE TOP OF THE HILL IN THE CREW AREA.** MAKE SURE YOUR PULSE IS DOWN BEFORE COMING TO P&R BOX.

3. As you approach P&R box (**ONE HANDLER PLEASE**), **call out your rider number** and pull out your card. P&R time and OUT time will be logged on your card at this time

4. Scribe keeps the card and will accompany you to the vet. **P&R will be taken by the vet**.

5. PLEASE observe social distancing while in the vet area.

6. Riders out time will be radio up to the out timer who will log on a BIG white board for riders to see.

**MASKS Optional while shopping at the OD STORE**