

COVID-19 INFORMATION FOR RACES 2020/2021

GENERAL INSTRUCTIONS

- You can only come to exercises and races healthy
- Even in mild symptoms you must stay at home (cough, sore throat, fever, diarrhea) and if needed get tested for COVID-19
- Take care of good hand and coughing hygiene. Cough and sneeze into your sleeve or in a disposable tissue
- Always wear a mask indoors
- Used disposable masks and tissues must be disposed of into a trash can right after use
- Teams and athletes coming from abroad have to follow their own safety instructions in terms of traveling
- More information for athletes arriving from abroad can be found in the Finnish Border Guard's travel instructions below in English: https://www.raja.fi/current_issues/guide-lines_for_border_traffic
- Those arriving from abroad should also check for any quarantine provisions regarding repatriation from Finland

SAFE DISTANCE

- Keep distance to other training groups
- Remember safety distance at lift queue
- Also keep distance (1,5-2m) at the start to the previous racer

TEAM CAPTAINS' MEETINGS, TEAM CAPTAINS

- Team captains' meetings are held remotely (Meet, Zoom etc.)
- Team captains' meeting will go through the COVID-19 instructions
- Team captains inform the instructions to athletes
- Team captains must register with the race secretary before the 1st team captains' meeting

LIFTS

- Remember safe distances at lift queue
- Use the same lift only with your team members

TRAINING, WARM UP, COURSE INSPECTION

- Train, warm up and course inspection alone or with your team BIBS
- Bibs will be delivered in bags to the teams, more information later
- The goal is to use the same bib for the whole event
- More information at team captains' meeting about returning the bibs
- When an organization is handling bibs, must take care of hygiene

ATHLETES WAITING ROOMS

- Possible indoor waiting rooms will be informed at the team captains' meeting before the races
- Public restaurants etc. spaces are not allowed waiting rooms for athletes
- Remember safe distances, use of masks, good hand hygiene at waiting rooms

RACE OFFICE AND TIMEKEEPING

- Race office and timekeeping facilities only allowed to following persons:
 - Timing personnel
 - The race secretary
 - The announcer
 - TD
 - The chief of race
 - The referee
- Must use a mask and hand sanitizer at the race office and time keeping facilities
- The goal is to provide a separate space for the announcer
- Regular cleaning of surfaces at the race office and timekeeping facilities
- Masks are available for organizations at the race offices

LIVE-TIMING AND OFFICIAL NOTICE BOARD

- We use live-timing at races, more information at team captains' meetings
- Official notice board will be on digital platform, information will be shared via team captains WhatsApp group, if there is no other digital platform.

START

- Start only allowed to following persons:
 - The starter
 - The start referee
 - The start assistant
 - TD
 - The chief of race
 - The referee
 - technical timing personel
- Everyone else expect the athletes has to use a mask at the start
- Everyone must have extra masks with them
- In addition to an athlete, only one person is allowed to enter the start and they must wear a mask
- Only one athlete at a time at the start
- Avoid unnecessary use of the start area and remember safe distances

COACH AREA AT RACE SLOPE

- Coaches must take care of safe distances, if the safe distance is not possible, coaches must use a mask

AUDIENCE

- Must remain socially distant to athletes and other audience members
- Audience areas are defined
- It is recommended to wear a mask

PRIZE GIVING CEREMONY

- Prizes etc. are given outside after the race
- Please make sure that athletes as well as the audience members have safe distances
- It is recommended to wear a mask
- Prize giving personel must wear a mask
- There are no hugs or handshakes in the ceremony

- Hand sanitizer is available

ORGANIZATION AND VOLUNTEER WORKERS WHILE EATING / ON BREAK

- There are no specific break areas for the workers so unnecessary gatherings can be avoided
- All the workers and volunteers will follow extra safe measurements
- Please wash your hands and wear a mask indoors
- Eating arrangements are informed in each race
- Organization has masks and hand sanitizer to give for volunteers

ENTRY FEES

- In case of quarantine or sickness the entry fee will be returned

SKI PASSES

- More information in the race information or on a specific handout
- Purpose to minimize person to person interaction at ticket offices

ANNOUNCEMENT

- This Covid19- instruction is published on Suomu Ski Resort website (www.suomutunturi.fi)
- During races there will be reminders of the hygiene instructions and safe distances
- In the case of Corona, you must also inform the Covid19 equivalent of the Suomu Ski Resort / Mr. Jussi Tanninen, who is responsible for further information. Informing about possible Corona cases will be done together with the Lapland Hospital District.

DO YOU DOUBT THE CORONA?

- Do not go out in public when sick
- In case of only mild symptoms you still have to get tested for Corona
- Use a face mask when you go to the test and then stay in quarantine until you get the results back. If you get a positive test result you will get instructions about treatment and movement. Lapland's corona testing information from: <https://coronaturvallinenlappi.fi/en/home>
- If you are diagnosed with a corona virus during a race or within a few days after please also contact Suomu Ski Resort Covid19 equivalent Mr. Jussi Tanninen, +358 (0) 40 584 61 63, jussi.tanninen@suomutunturi.fi. More information:

- www.coronaturvallinenlappi.fi
- www.raja.fi/coronavirus
- <http://www.thl.fi/fi/web/infektioaudit-jarokotukset/ajankohtaista/ajankohtaistacoronaviruksesta-covid-19>
- <https://www.fis-ski.com/en/inside-fis/covid-19-hub>

Always follow the instructions of the slope staff, the slope rules and the race organization other instructions.

Let's make a safe race event together and stay healthy!

Suomu Ski Resort