

## GENERAL INSTRUCTIONS

- You can come to exercises and races only healthy!
- Even in mild symptoms you must go to covid test (cough, sore throat, fever, diarrhea)
- Take care of good hand and coughing hygiene. Cough and sneeze into your sleeve or in a disposable tissue
- Always wear a mask indoors (ect. restaurants, skirooms, warmuprooms)
- 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.

## TEAMS AND ATHLETES ARRIVING ABOARD

### Must Show / Download to online register

- negative Covid test (pcr or antigen test) before first team captains meeting.
- Download here you C19 test [https://www.lyyti.in/C19\\_test\\_dokument](https://www.lyyti.in/C19_test_dokument)
  - Used only by organisation and officials if needed.

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More information for athletes arriving from abroad can be found in the Finnish Border Guard's travel instructions below.

- in English: <https://raja.fi/en/guidelines-for-border-traffic-during-pandemic>
- på svenska: <https://raja.fi/sv/anvisningar-om-gransovergang-corona>

Those arriving from abroad should also check for any quarantine provisions regarding repatriation from Finnish institute of health and welfare:

- [Finnish institute of health and welfare - Travel and the coronavirus pandemic](#)
- [Resor och coronaviruspandemin](#) -På Svenska

## During races in FINLAND:

### SAFE DISTANCE

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

## TEAM CAPTAINS' MEETINGS, TEAM CAPTAINS

- Team captains' meetings are held remotely (Google Meet)
- 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 1<sup>st</sup> team captains' meeting by LYYTI - online registration

## **LIFTS**

- Remember safe distances at lift queue
- Use the same lift only with your team members
- At least 2-meter safe distance with other teams members at the chair lift
- Leave the canopy open at the lifts with the canopy
- Use a mask at a gondola

## **TRAINING, WARM UP, COURSE INSPECTION**

- Train, warm up and course inspection alone or with your team

## **BIBS**

- Bibs will be delivered in start to the teams, more information later
- 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 personel
  - 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 / organizer
  - 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 hause.
- 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 distance
- 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**

- Only online payments by -Lyyti webshop
- 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 Ruka Alpine Race Facebook page
- During races there will be reminders of the hygiene instructions and safe distance
- In the case of Corona, you must also inform the Covid19 equivalent of Risto Kemppainen, who is responsible for further information. Informing about possible Corona cases will be done together with the Kuusamo healthcenter.

## **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.

See all details and care about your loved once!

[Covid19 safe Lapland](#)

[Finnish Boarder Guard](#)

Finnish institute of health and welfare – [Travel and Coronavirus](#)

**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!**