

Infection control rules for *Ble fjells Beste*, 18 July 2020

Updated 7 July 2020

The following rules and measures are communicated to participants and officials by a PM document, by mail, on social media, and in the start/finish-area.

An opening has been given to arrange races with up to 200 participants. Ultrarunning as such is not associated with a significant risk of infection, as long as the participants run individually with sufficient space between them. Measures are conducted in the starting area and in the organization of the start, to ensure sufficient distance between all involved people. The start is stretched in time, and each runner is assigned a specific start time. The local chief medical officer has given permission to organize the race as two events, with 200 (57 km) + 200 (21+10+6 km) participants.

For the runners:

- Persons infected with coronavirus, isolated or quarantined, or having symptoms of respiratory tract infection (such as fever, sore throat, runny nose, cough or a degraded general condition) cannot participate in the race
- People in risk groups are generally advised not to participate
- Interval start will be held with 10 runners in each pool, start lists will be prepared
- Runners must always keep at least 1 meter distance to other runners and to other people
- Hands should be disinfected at finish, before entering the food station area
- There will be no access to wardrobes at the finish
- There is no self-service at the food station in the finish area. Food and drink will be handed out by the organizer's officials
- Runners are encouraged to show up shortly before the start and leave the finish area soon after completing the race
- Runners who break the rules on infection control can be removed from the race and not get the race approved

Infection control responsible officer:

- Is planning necessary infection prevention measures and ensuring that infection control rules and recommendations are followed
- Ensures that all officials are familiar with infection control rules and recommendations
- Ensures that the race is conducted in accordance with current infection control rules and recommendations, and, if necessary, intervenes if these are not followed
- Has an overview of and can document who is / has been at the event
- Limits the number of officials to a minimum

Practical conditions:

- Bibs, ankle chips and trackers are handed out by an official who disinfects his/her own hands between each distribution
- Officials are handing out food and drink in the finish area. There is no self-service of food and drink. Officials are disinfecting hands or exchanging disposable gloves between each runner. At all times, a minimum distance of 1 meter must be kept to the runner and other officials.
- Private support is not allowed anywhere in the race
- Trackers and ankle chips are removed at the finish by an official who disinfects hands between each runner

- At the finish medals are handed out by an official who is wearing gloves or disinfecting hands continuously
- An official is responsible for preventing accumulation of people in the finish area
- Continuous award hand-out to the best men / ladies at each distance, provided it is possible to maintain a minimum distance of 1 meter at any time.
- The organizer offers transportation from Lampeland and Flesberg to the start/finish-area, with return in the afternoon/evening, To minimize the risk for close contact, the passengers are using every second seat, and the bus is filled forward from the back row.