



# FJÄLLMARATON

ÅREFJÄLLEN 25 JUL - 1 AUG 2020

## Fjällmaraton Covid-19 Protocol

### Introduction

First of all – our general policy is that all participants must be 100% healthy and with no symptoms. We follow the recommendations from the Swedish government. The guidelines are divided in 5 main categories that are handled in all major parts of the race - *handout of race BIBs, transfer, start, aid stations, finish area*. Please see below for detailed

Fjällmaraton follows and applies the recommendations from ITRA – **Covid 19 Race organizers standard operation guidelines** as far as it is possible for Swedish conditions. Please see the full standard for more information: <https://itra.run/documents/ITRA%20COVID-19%20GUIDELINES%20-%20EN.pdf>

### 5 main categories

#### 01: Cleaning and sanitation



Hand sanitizer will be accessible in the start area, stations during the race and finish area. Beyond this, it will also be available in all the toilets.

We recommend according to the ITRA guidelines: “Wash your hands with soap and water when hands are visibly dirty...” and to select an alcohol-based formulation for routine hand cleaning when, “...hands are not visibly soiled.”

## 02: Protective equipment



It is recommended that **event staff and volunteers should wear face coverings** when possible. Racers are not requested to wear face covering while not on the course. Plastic shield will be installed at key interaction points.

We don't recommend the use of disposable gloves according to the WHO recommendations and statement: "the unnecessary and inappropriate use of gloves results in a waste of resources and may increase the risk of germ transmission."

## 03: Social distancing



The events will be arranged so groups bigger than 50 people will not exist in the same arena. All races are divided in smaller events and spread out in time with optional day concepts. Racers will receive arrival and departure time to maintain capacity limits.

## 04: Screenings



Visual inspection and all staff members are instructed to be on alert if any participant shows sign of any disease connected to the virus.

## 05: At risk



Individuals classified as at-risk by health officials are encouraged to delay their return to live races.

## How to handle all parts of the race in each area, part 1

	<b>General action</b>	<b>01: Cleaning and sanitation</b>	<b>02: Protective equipment</b>
<b>Handout of race BIBs</b>	To avoid queues and crowds all BIBs are handed out before the start in separate lines and ahead. Information online instead of physical.	Hand sanitizers will be available when entering the area and in mobile toilets	According to general guidelines 1.1
<b>Transfer</b>	Only pre-reservation of transfer. Maximum 40 passengers per bus. Several small start areas with maximum 50 people per area	Hand sanitizers will be available in buses, surfaces will be cleaned when switching passengers. Hand sanitizers will be available when entering the area and in mobile toilets	According to general guidelines 1.1 and driver will be isolated According to general guidelines 1.1
<b>Aid stations</b>	All stations have redundancies with several arenas to keep runners separated. No crowd and audience allowed. Runners receive medal and will be asked to leave asap.	Hand sanitizers will be available when entering the area. Only packed or separated goods will be given to the racers. Only personal cups	According to general guidelines 1.1
<b>Finish area</b>	Runners receive medal and will be asked to leave asap.	Hand sanitizers will be available when entering the area. Only packed or separated goods will be given to the racers.	According to general guidelines 1.1
<b>Cermonies</b>	All ceremonies are broadcasted online to avoid crowds The exhibition at Åre square is cancelled. The partners provide services to ensure a safe event: KIA supports with cars to the mountain transfer Hansson shop partner has an online shop and the store at Åre village open with extra supplies to Fjällmaraton during	All ceremonies are broadcasted online to avoid crowds	No action needed due to cancellation
<b>Exhibition</b>	Fjällmaraton during	No action needed due to cancellation	No action needed due to cancellation

Fjällmaratonweek  
 AR water will provide  
 bottles with water.

## How to handle all parts of the race in each area, part 2

	<b>03: Social distancing</b>	<b>04: Screenings</b>	<b>05: At risk</b>
<b>Handout of race BIBs</b>	Lines and ropes to secure that participants are separated. Staff members with special task to secure that rules are followed.	Visual screening and information. Dedicated staff to ensure security.	N/A
<b>Transfer</b>	Passengers are placed with maximum distance. Notes and posters to remind the passengers. If requested only people that knows eachother in the car.	Visual screening and information. Busdriver and posters to remind passengers.	N/A
<b>Start</b>	Poster to remind racers. No audience is allowed. No audience allowed.	Visual screening and information. Dedicated staff to ensure security.	N/A
<b>Aid stations</b>	Small areas. Staff will make sure that maximum 50 runners will be allowed. No audience allowed.	Visual screening and information. Dedicated staff to ensure security.	N/A
<b>Finish area</b>	Small areas. Staff will make sure that maximum 50 runners will be allowed.	Visual screening and information. Dedicated staff to ensure security.	N/A
<b>Cermonies</b>	Quick medal handout. No audience. Only broadcast online.	Visual screening and information. Dedicated staff to ensure security.	N/A
<b>Exhibition</b>	No action needed due to cancellation	No action needed due to cancellation	N/A