



Corona Safety in Nuuksio Classic

Updated 25.8.2021

One of the most important goals in Nuuksio Classic preparation is the health and safety of the participants. In this article, we describe steps to minimize the risk of corona infection in the event.

These instructions follow the guidelines issued by the Regional State Administrative Agency on August 20th and the Ministry of Education and Culture and the Finnish Institute of Health and Welfare on May 31st. This guideline will be updated if the guidance from the authorities changes before the event.

The aim is to achieve the highest possible level of hygiene in all activities during the event.

In the competition center area, all participants and officials are required to wear face masks. Participants are not required to wear a face mask during the run.

Foreign participants registered for the event: Due to possible difficulties in travel arrangements and travel restrictions from certain countries, foreign participants may choose to cancel their participation at no cost or postpone it until next year. For refund, please contact us by email, nuuksioclassic@gmail.com.

To ensure the safety of all persons arriving at the event, both participants and volunteers should read these instructions carefully and act in accordance with the instructions.

Guidelines

1. You must not participate in Nuuksio Classic if you have flu symptoms

The coronavirus causes a respiratory infection, the symptoms of which may include e.g. cough, sore throat, fever, shortness of breath, muscle aches, abdominal symptoms and headache.

You should not enter Nuuksio Classic if any mild symptoms suggestive of illness occur within 10 days before the event. This is the most important rule to control the spread of the disease.

A participant with corona-related symptoms may postpone the run until next year with their own notice by email without a medical certificate, bodomtrail@gmail.com.

To postpone for other health reasons, a certificate from a healthcare professional is still requested.

After a negative corona test result and at least two asymptomatic days, participation is possible. However, a negative test result does not remove the requirement for voluntary quarantine if the participant is otherwise in a situation where quarantine is required, e.g. after a trip abroad.

Runners who know they have been exposed to a corona within 10 days before the race should also skip the race.

In both situations, the entry can be moved to next year with your own notice.

2. Avoidance of unnecessary physical contact at the event venue

The coronavirus is transmitted primarily as a droplet infection. The number of unnecessary physical contacts to control infections should be minimized. In order to avoid close contacts and maintain safety distances, Nuuksio Classic will act in 2021 as follows:

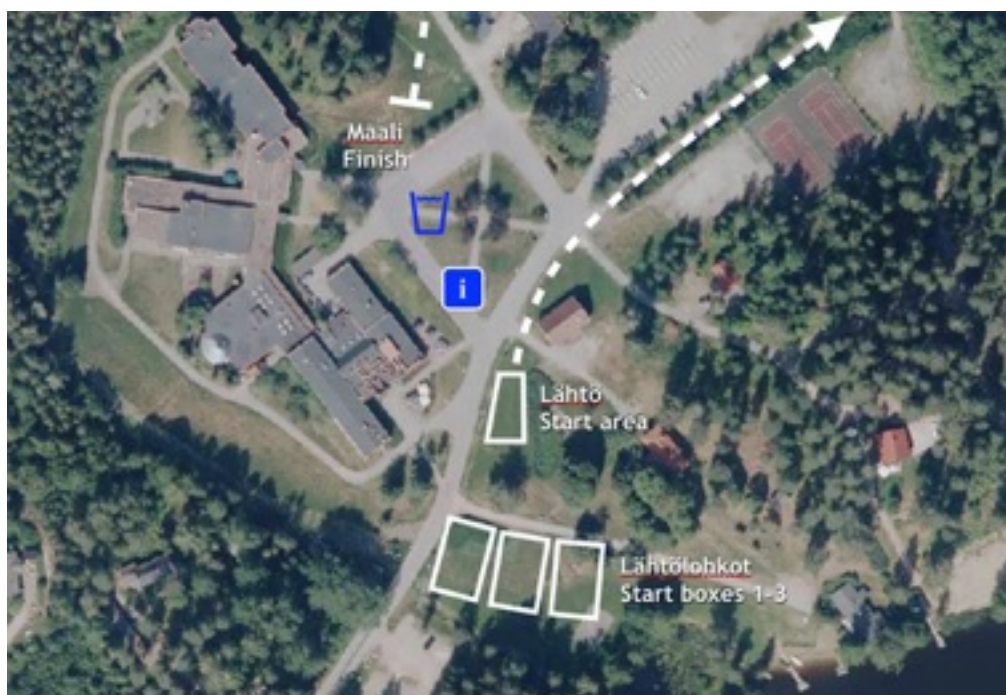
General

The event will be held in an unrestricted outdoor space. All activities are carried out in such a way that participants can maintain an adequate safety distance from other people.

Before the run

- The race office and the distribution of race materials will be carried out outdoors. The material is collected as self-service maintaining safety intervals.
- In case of any problems, the office staff will help. There is a waiting line for the staff support where safety intervals have to be kept.
- Volunteers working with participants use FFP2 masks.
- One participant can pick up materials from multiple runners.
- If you arrive by car, store your extra baggage in the car during the race.
- Runners arriving at the event on the race bus must wear a face mask on the bus.
- Pre-event program on Friday will be streamed on Facebook.

Start



- Participants preparing for the start will be grouped on the field in blocks of 50 people. There are three blocks. Check out the map of the start area in the drawing above.
- Wear a mask in the starting box. There are trash bins for used masks after the starting line.
- One block at a time is moved to the starting line, guided by a race official. The actual start takes place in groups of 10 every minute.
- The moderator and the race officials announce the filling and emptying of the blocks.
- Participants who are still waiting for the start are staying in the race center area and in the parking areas, preparing for their own start.
- There are two toilets in each block. After the runners in the block have moved forward, the toilets in the block are disinfected before the next runners arrive in that block.
- With the exception of elite groups, the result list is formed using net time. The timer starts when the runner crosses the starting line.
- The elite groups will start at 9:30 (Golden Trail), 9:32 (men) and 9:34 (women). Nuuksio70 elite start is at 6:00 (men and women). The list of elite group runners will be published a few days before the race. There are 15-30 runners in the elite groups.

During the run

- For hygienic reasons, disposable cups are exceptionally used at aid stations.
- Volunteers fill the cups, participants do not fill the cups themselves.
- You can ask a volunteer to fill your own drinking bottle.
- At Nuuksio70 Trail Ultra aid stations where snacks are available, volunteers will serve the snacks per runners' request.
- Aid station volunteers wear FFP2 masks and gloves.
- During the run, you may have to sneeze or spit. Do it safely for other runners: use a handkerchief or ensure adequate distance to other runners behind and in front of you. (minimum 5m).
- The first aid team (Finnish Red Cross) uses protective equipment in first aid situations and minimizes physical contact with those in need of first aid. In the event of a resuscitation, mouth-to-mouth resuscitation is not used.

After the run in the finish area

- After the finish line, volunteers are serving hand disinfectant.
- Volunteers remind to use face mask and, if needed, hand out disposable masks.
- Entry to the drink station and serving area through a marked corridor. Keep safety distance while queueing.
- Volunteers will hand over snacks and drinks to the participants. Participants can pick only pre-packed products themselves.
- Volunteers serving food products use FFP2 masks and gloves and servers.
- Showers after the run are available for quick shower indoors. Lakeside sauna + showers are open. Cleaning up outside is possible at the lake shore.
- Post-run lunch is served both in the hotel restaurant and in the outdoors.
- The prize giving ceremony is carried out so that keeping safety distance is possible.
- Audience: cheering by shouting should be avoided. Overall, we recommend audience to follow the race online.
- Saturday night dinner: follow the instructions of the hotel restaurant.

3. Taking care of hand and cough hygiene

The coronavirus is transmitted primarily as a droplet infection. By ensuring proper coughing and hand hygiene, it is possible to prevent infections.

- Hand sanitizer is available indoors, at the start and finish area and along the route at aid stations.
- Always wash your hands with soap and water before eating and after sneezing or coughing, or when your hands are visibly dirty. Dry your hands with disposable paper hand towels.
- When sneezing or coughing, use a napkin or protect your mouth with an elbow bend. Wash your hands after. Note! Don't litter on the race route! Take napkins to trash bins at the aid stations.
- Use face mask on the race bus. Wearing mask is requested also in the event area except during the run.

4. Cleaning

The interior of the competition center is cleaned in accordance with the cleaning instructions of the National Institute of Occupational Health. Outdoor toilets are cleaned every 2-4 hours.

5. If coronavirus infection is detected in Nuuksio Classic

The investigation of the infection chains is the responsibility of the doctor responsible for infectious diseases in the municipality or hospital district. If an infection is found in Nuuksio Classic, those exposed to it will be traced and they will be quarantined by the doctor in charge in accordance with the Infectious Diseases Act. If necessary, the contact details included in the registration information will be used to reach the exposed persons.