

Infection control rules for *Soria Moria til Verdens Ende*, 20-21 June 2020

Updated 10 May 2020

The following rules and measures are communicated to participants and officials by a PM document, by mail, on social media, and in the areas of the start, finish and service stations.

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.

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 5 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 washed and disinfected before entering the starting booths
- Hands should be disinfected when entering and exiting the service station
- Hands should be disinfected at finish
- There will be no access to wardrobes at the finish
- Packaged food and drink will be handed out by the organizer at service points
- It is recommended not to use public transport
- 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 group of officials to a minimum

Practical conditions:

- Bibs and trackers are handed out shortly before the start by an official who disinfects his/her own hands between each distribution
- An official takes care of packaged food and drink at the service points. The official disinfects hands or exchanges 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

- Organizer transports 1 drop-bag per runner to Hanekleiva, and then on to the finish. Officials who handle these bags use disposable gloves.
- Trackers are removed at the finish of an official who disinfects hands and tracker between each runner
- Packed medals are placed on a table for self-service of runners after finishing. An assisting official is wearing gloves or is disinfecting hands continuously.
- An official is responsible for preventing accumulation of people in the target area
- Continuous award hand-out to the 6 best men / ladies at each distance, provided it is possible to maintain a minimum distance of 1 meter at any time.
- Unfortunately, under the prevailing conditions, the organizer cannot offer transport either from Sande train station to the start in Hanekleiva, or from the finish at Verdens Ende to Tønsberg