

Racers and teams coming from Finland or abroad should follow their own Covid-19-security plans for safe traveling.

More information and guidelines for border traffic for teams arriving abroad are found below.

https://www.raja.fi/coronavirus
https://www.raja.fi/current issues/guidelines for border traffic

Please check your own country's border control for possible quarantine instructions when it comes to returning to your home country from Finland.

You will find more info about the Covid-19-situation in Lapland from www.koronaturvallinenlappi.fi. Also in English!

# Let's follow the guidelines to keep ourselves healthy!

- You must be healthy when attending training or races!
   If you are having any symptoms of flu or stomach illness, stay home!
- Load Koronavilkku-application to your smartphone
   With the application, the health authorities are able to inform you if you have contracted the Covid-19 or you may also inform them if you get Covid-19.
- On the area face masks are recommended in all inside public places e.g. restaurants, shops, rental shops, etc.
- In the race are, every one should wear a mask! Athletes may take the mask off when entering start and on course.
- Follow good coughing, sneezing, and hand hygiene!
   Cough or sneeze into a disposable handkerchief or your own sleeve. Put the handkerchief into the trash bin after use.
- Maintain a safe distance at all times!



- Maintain a safe distance from other teams and racers!
- Maintain safe distance in the lift queue!
- At the start, keep at least 1,5-2metres safe distance to the previous racer.

## - Enter the lift only with your own group/teammates!

- In the chair lift, leave a safe distance of at least 1meter to other persons than your teammates.
- If possible, keep the bubble open in the lift (if hard wind, bubble closed)
- Please use a face mask in gondolas!
- Enter the t-bar lift with your teammates.
- Train with your own group!

### Team captains meeting and the responsibilities of the team captain

The team captains meeting is held by using Microsoft Teams.

- Covid-19-info is handed in the meeting. It is the team captain's responsibility to inform their team members about the Covid-19-info.

#### **Bibs**

- Bibs are distributed by the ski lift (Gondola or Front Slope chair lift) on the morning of the race day.
- After the race, return the bib to the place pointed out by the organizing committee
- Person handling the bibs right after the race, should wear gloves and a face mask.

### Waiting premises for the racers

- Because of the Covid-19-situation and restaurant restrictions, restaurants may not be used as waiting premises!
- At Levi Black, the waiting premises are in the media rooms, downstairs in the restaurant building.
- At the Front slope, there will be a tent for bags.

### **Timekeeping premises**

- Only the following people from the organizing committee may enter the timekeeping premises:



- timekeepers
- secretary
- announcer
- TD
- Chief of Race
- Referee
- Face masks are used in the timekeeping premises.
- Live-timing is used.
- The official information board is a Whatsapp-group including all team captains.

#### Start

- The following people from the organizing committee are allowed to enter the start:
  - TD
  - Chief of Race
  - Referee
  - Starter
  - Start referee
  - Start assistant
  - Timekeepers
- All other persons than racers must use face masks at the start! e.g. coaches
- If the start booth is not used, the starter, start referee, and start assistant should wear a face mask.
- The organizing committee provides the face masks for the members of the organizing committee. There must be enough face masks available. Taking into account e.g. weather conditions.
- Only one person assisting the racer is allowed to enter the start area and this person must wear a face mask.
- Only one racer at a time in the start area or start booth.

### **Coaches during race**

Coaches need to follow a safe distance while following the race at the slope area.
 Wear a face mask during in the race area.

#### Audience

- Safety nets are used to keep a safe distance of 1,5-2metres to the audience.



### Prize giving ceremony

- The prizegiving ceremony is held outside after the race.
- The organizing committee must take care that the audience and racers are following safety distance. Face masks are recommended.
- Persons giving prizes must wear a mask.
- No handshaking or hugging during the prize-giving ceremony. Possible medals are not put around the neck.

#### **Volunteers**

- There are no separate premises for volunteers. Volunteers may use public toilets in the restaurants.
- Please take care of good hand hygiene and use a face mask when visiting the restaurant.
- Information about lunch is announced for each race separately. Lunchtimes are scheduled so that there is no traffic.
- The organizing committee has masks and hand hygiene products for volunteers.

## **Entry fee**

- In the case of quarantine or illness, Levi Ski Club refunds the entry fee.

#### Buy the ski lift tickets from the webshop in levi.ski-website

#### Information

- Covid19-info is published on the Levi Alpine Ski Races- Facebook pages as well as on the website leviskiclub.fi
- During the race, there are announcements to remind of safe distance and hygiene instructions.
- In case of a positive test, contact immediately Johanna Erkkilä from the Organizing Committee. Contacting those who might have contracted to Covid-19 is done together with the Lapland Hospital District.

## Do you think you might have contracted Covid19?

If you suspect that you might have Covid19, please contact Kittilä Health Care center by phone.

Kittilä Health care center, Covid19 emergency line +358 (0)400 356 498



Do not spread the virus by visiting the health care center.

If a person has symptoms of respiratory tract infection (cough, cold, breathing difficulties, sore throat, headache, muscle pain, diarrhea, vomiting or has a weakened sense of smell or taste) a coronavirus test must be taken.

If you get a positive test within a couple of days after races, please contact the Organizing Committee, Johanna Erkkilä

Johanna Erkkilä, p. 040-568 5356, johanna.erkkila@levisuites.fi

### More information

Info about Covid19-situation in Lapland and guidelines for tourism in Lapland www.koronaturvallinenlappi.fi

### **Border control guidelines**

https://www.raja.fi/coronavirus

Information about Covid19 on the site of the national health organization <a href="https://thl.fi/fi/web/infektiotaudit-ja-rokotukset/ajankohtaista/ajankohtaista-koronaviruksesta-covid-19">https://thl.fi/fi/web/infektiotaudit-ja-rokotukset/ajankohtaista/ajankohtaista-koronaviruksesta-covid-19</a>

9.11.2020 Johanna Erkkilä, 040-568 5356, Levi Ski Club ry