



SARS-CoV-2 (COVID-19 disease) PROTOCOL OF ORGANIZATION OF HELTER SKELTER MTB MARATHON

This protocol refers to the implementation and organization of a MTB marathon race and is in line with the recommendations of the Croatian Institute for Public Health and the Civil Protection Headquarters. The protocol applies to all areas where the event takes place before, during and after the race, in order to protect the organizers, athletes, staff and other participants.

The protocol covers each of the 9 parts of the organization process, as follows:

1. REGISTRATION
2. STARTING BLOCKS AT THE START OF THE RACE
3. FEED ZONES
4. RACE
5. MEAL AFTER THE RACE
6. AWARD CEREMONY
7. RACE VILLAGE
8. LIST OF EVENT PARTICIPANTS
9. OBLIGATION TO WEAR THE MASK FOR COMPETITORS AND ORGANIZERS

1. REGISTRATION

a) Competitor's statement that he/she has no symptoms of the disease

Each competitor will receive a statement of their health condition related to COVID-19 by e-mail, prior arrival to the race. In the statement, the competitor assumes personal responsibility for his / her health condition and confirms his / her health condition by signing. The layout of the statement is given as Annex 1 of this document.

Signed statements are submitted to the staff, at registration.

If the participant has not filled in the statement independently, before entering the registration area, the organizer has provided a medical service that will help the participant to fill in the statement on the spot. The doctor will measure the temperature of the participant who did not bring the signed statement on the spot and together with the participant fill in the statement which is a condition for registering for the race.

IMPORTANT: Participants will not be able to enter the registration area without a signed statement related to the COVID -19 virus..

b) Registration area

If weather conditions allow it, the registration process will be organized outdoors. If the registration process takes place indoors, the space will be adequately ventilated throughout the registration period. A maximum of 10 people can be in the room at the same time.

The registration process is organized as follows:

For registration, 2 work areas are organized at a distance of 1.5 meters. In each work place, there is one person in the front row who is in direct contact with the competitors. Behind the work area, there are 2 more people packing the starter packs for the participants.

The work areas are separated from the participants by double tables (for 3 work places, 6 tables are used, i.e. double tables in depth so that the persons at the registration are physically as far away from the participants as possible).

There can be only 1 participant in each work area at each time. The next participant can get to the work area only when the previous participant leaves. The organizer will organize a circular flow of participants through the applications.

All staff on the part of the organizer (2 people at registrations. + people who pack starter packs) are required to wear protective masks throughout the registration process.

At the entrance to the registration area, participants are required to disinfect their hands, as well as at the exit. In addition to each work area, one hand disinfectant is provided. The disinfectant should be based on alcohol in a concentration of 70% or other agent with declared virucidal action, according to the manufacturer's instructions, and suitable for use on the skin.

The registration area (or double desks) is disinfected every 15 minutes with disinfectant equipment.

2. STARTING BLOCKS AT THE START OF THE RACE

Given the total number of registered participants, the organizer will divide the start into blocks of a maximum of 25 participants per block. The distance between the starting blocks must be at least 5 minutes.

Starting blocks will be divided into categories of competitors, 5 in total.

Participants may enter the starting blocks a maximum of 3 minutes before the start of a particular starting block.

The minimum size of the starting block area must be 400m², i.e. each participant in the starting block should have 10m² of space available.

The organizer will place stickers in the area of the starting block with adhesive tapes so that the participants keep a minimum distance during the start in the starting block.

The scheme of starting marks on the ground is given in Annex 2 of this document.

3. FEED ZONES

a) Organization of refreshment / feed zones

There will be refreshment / feed zones on the track and in the finish area of the race.

Refreshment zones staff will wear protective gloves and masks. In the refreshment zone, 4 alcohol-based hand sanitizers are provided.

The work area of the refreshment zone is disinfected every 30 minutes.

b) Serving food and drinks in refreshment zones

In refreshment zones, a larger amount of food and drink must not be prepared at the same time. Food and drinks will be successively placed on the table according to the dynamics of intake by the participants.

Drinks (water and isotonic drinks) will not be served in plastic cups and will be poured into the water bottles of the participants only (water bottles will be provided in the starter pack). The organizer will additionally prepare 100 already filled and clogged water bottles that participants can take with a minimum stop at the feed zones. The organizer will also provide a minimum of 150 bottles of bottled water for the feed zones.

Food offered at feed zones can be:

- bananas
- energy gels
- energy bars

The staff in charge of organizing the feed zones will inform the participants not to stay in the feed zone but to move away after taking what they need to continue the race.

The staff will also control the number of participants in the feed zone at the same time, which can be a maximum of 8, controlling the distance between the participants at all times, which must not be less than 1.5 meters.

4. RACE

Given the specifics and characteristics of mountain biking, there are no major epidemiological hazards in the race since the competitors are not in contact or in most cases at a distance of less than 1.5 meters.

The exception are the starting blocks described in point 2 of this document.

Each competitor can and must independently keep a distance that is defined not only by the risk of infection with the COVID-19 virus but also by the principles of safe driving.

Exceptionally, if there is a collision of several participants in the race who in that case had physical contact, the participants are immediately obliged to report such an accident to the organizer or the medical service for further proceedings.

5. MEAL AFTER THE RACE

The post-race meal will not be organized in such a way as to share a hot meal but each competitor will receive a cold meal (lunch package, sandwich) and a drink. The sandwiches will be packed in plastic wrappers and the drinks will be served in industrial packaging.

The organizer will not set up tables and benches for the meal and competitors will be asked not to linger and group in the area around the finish line.

6. AWARD CEREMONY

The award ceremony will be held outdoors, without spectators.

There will be an award ceremony for each of the two races separately and the duration of the ceremony per race can last a maximum of 10 minutes. There should be a minimum period of 15 minutes between the two award ceremonies.

The organizer will give prizes to the winners (3 in each category), taking care not to make physical contact between the organizer and the competitor.

When awarding medals, the usual practice during such events - as handshakes, kisses, hugs and similar, will be avoided.

7. RACE VILLAGE

Due to epidemiological measures, the Race Village will not be organized at the race and exhibitors will be notified in writing in advance.

The following points will be set up in the race village:

- Organizer's space / open tent that will serve exclusively for the needs of the organizers. Participants will not be allowed to enter the organizer's space.
- Timer vehicle
- Medical service tent

8. LIST OF EVENT PARTICIPANTS

Prior to the event, the organizer will collect data from all competitors, staff and other participants in the event, such as exhibitors, judges, photographers, timekeepers and similar.

For all of the persons listed above, personal data were requested in advance and they were informed that the data would be available to the civilian authorities if requested by the Croatian Institute for Public Health and the Civil Protection Headquarters.

All of the above participants, athletes, organizers and exhibitors have accepted the voluntary provision of their personal data for this purpose.

9. OBLIGATION TO WEAR THE MASK FOR COMPETITORS AND ORGANIZERS

Protective masks are mandatory for all competitors in all situations **where more than 6 people are present in one place outdoors.**

The organizer will provide a sufficient number of protective masks for participants and organizers.

This applies in particular to:

- Competitors' applications: When registering, both competitors and organizers are required to wear protective masks
- At the start: competitors in the starting block are required to wear a mask while waiting for the start. Masks can be removed at the earliest 30 seconds before the start of the race.
- When awarding the prize: Competitors and organizers are required to wear masks during the award ceremony prizes and announcement of winners.



STATEMENT OF HEALTH - HELTER SKELTER 08.05.2021.

A) GENERAL HEALTH

- Have you had a cold or fever in the past 14 days?
YES NO
- Have you been coughing in the past 14 days or are you currently coughing?
YES NO
- Did you experience shortness of breath in the past 14 days?
YES NO
- Have you been ill in the past 14 days or have had any other health problems?
YES NO

B) EPIDEMIOLOGICAL QUESTIONS

- Have you been in contact with a person diagnosed with COVID-19 in the past 14 days?
YES NO
- Have you been in contact with a person who should be in self-isolation in the past 14 days?
YES NO
- Have you been outside the borders of the Republic of Croatia in the past 14 days?
YES NO
- Have you been in contact (in the past 14 days) with a person who was outside the Republic of Croatia?
YES NO
- Have you been in contact with a person who doesn't feel well or has other health problems?
YES NO

EVENT: HELTER SKELTER 08.05.2021., RABAC

NAME AND SURNAME: _____

DATE OF BIRTH: _____

PHONE NUMBER: _____

SIGNATURE: _____

DATE AND LOCATION: _____

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- I agree to and accept the current guidelines for the prevention of the spread of the virus "COVID-19", issued by the competent headquarters for civil protection
 - I agree that the organizer may, if necessary, forward my data to the relevant civil protection headquarters
 - I responsibly declare that:
 - I don't have a fever
 - I have not been in self-isolation in the past 14 days
 - I currently do not have any symptoms of an acute respiratory infection (fever, cough, shortness of breath) and none of the members of my household currently have such symptoms
 - I have not been in contact with persons suspected of being infected with the COVID-19 virus in any way in the past 20 days

start

