

## MEASURES TO CONTROL THE SPREAD OF THE COVID-19 VIRUS

### MEASURES IMPOSED by the Haute-Garonne and Hautes-Pyrénées authorities and enforced at the CAMPILARO Pyrenees 2021.

#### 1. Vaccination certificate or PCR test are not required

- ✓ In case of symptoms related to COVID-19, please inform the CAMPILARO team as soon as possible in order to organise an appointment with the medical staff.
- ✓ After examination, the doctor may ask for an antigenic test. In all cases, the person concerned (rider or volunteer) must strictly follow the doctor's instructions.

**TEAM CAMPILARO informs however that all its members and service providers (bikers, timekeepers, masseurs, doctors and first aiders...) will either be vaccinated or holders of a negative PCR TEST.**

#### 2. Reminder of the hygiene instructions in force :

The following protective measures will be reiterated by messages from the announcer and by posters at the points of entry and passage of the participants:

- ✓ Regularly wash your hands with soap and water or, failing that, use a hydro-alcoholic solution
- ✓ Cough or sneeze into your elbow or handkerchief.
- ✓ Blow your nose into a single-use tissue and then throw it away.
- ✓ Avoid touching your face.
- ✓ Keep a distance of at least 2 metres from others.
- ✓ Greet without shaking hands and stop hugging.
- ✓ Wear a mask.

#### 3. Additional general instructions for all participants in the CAMPILARO Pyrenees: runners, organisation team, service providers (bikers, doctors and nurses, ambulance drivers, timekeepers), volunteers, etc.

- ✓ Provide spots for hand washing with soap and water and/or points with free access to hydro-alcoholic solutions.
- ✓ Ask volunteers and service providers to bring their own equipment (gel, mask, etc.).
- ✓ Limit the exchange of equipment, disinfect equipment to be lent and ensure that it is used by only one person between two disinfections (signs, whistles, chasubles, etc.).
- ✓ Disinfect shared vehicles each time they are used and wear a mask or visor in the vehicle.
- ✓ Plan as many outdoor events as possible, weather permitting (reception, announcements, etc...)
- ✓ In closed areas (reception, briefing, meals, etc.), hydroalcoholic solution dispensers will be placed at the entrance and exit / Wearing a mask is compulsory / Distancing / Creating a direction of traffic to avoid crossing paths / Reinforcing controls to limit access to authorised persons only / Limiting the printing and distribution of documents and favouring their display outside and sending by email or SMS / Cleaning and disinfecting areas every day.

#### 4. Procedure for handing out race numbers on Thursday, 22nd July:

- ✓ The reception team will be wearing protective gloves and masks (visor or fabric).
- ✓ The area will be stocked with a hydroalcoholic solution dispenser at the entrance and exit.
- ✓ The number of participants to the event is limited to 225.
- ✓ No registration is possible on site.
- ✓ All payments and documents necessary for participation to the event will be sent beforehand (licence, medical certificate...) to avoid exchange of documents on D day.
- ✓ Race numbers, frame plates, transponders, wristbands, jerseys, etc. will be handed over in a single container (backpack).
- ✓ Marking on the ground to ensure the required distance between 2 people waiting to collect the numbers.

#### 5. Protocol for the runners' briefing on Thursday 22nd July

- ✓ 65% capacity, participants seated at a distance to respect the guidelines related to culture events.
- ✓ Location: Luchon Theatre
- ✓ The briefings on Friday (23/07) and Saturday (24/07) are cancelled. They will be replaced by an information broadcast on the event's website and social networks.

#### 6. Rules for the race

***For the 2021 session, participants are urged to come equipped with a repair kit, handkerchiefs, hydroalcoholic solution, energy bars and gels.***

- ✓ Departure area:
  - Wearing a mask is compulsory until the start of the race.
  - individual obligations will be reminded by the announcer.
- ✓ During the race:
  - Refreshments will only be water / energy drinks / soda. These products will be served by the organisation team<sup>1</sup>.
  - Provision of rubbish bags for waste.
  - Be reminded that no energy product packaging may be thrown on the ground.
  - Reminder that it is forbidden to exchange objects and equipment between participants.
- ✓ Finish area:
  - Set up a direction of traffic to avoid crossing paths
  - Results will be displayed and published on the organisation's communication media (website and facebook).
  - At the finishing line, water/energy drinks/soda and individual plates (dried fruit/fresh fruit/mini-sandwiches, etc.) will be available.
  - Rubbish bags will be supplied

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<sup>1</sup> This is a decision of the local authorities. However, we will endeavour to find a better solution before the start of the event.

**7. Procedure for meals**

65% capacity, participants seated at a distance to respect the government's guidelines for cafés hotels and restaurants.

- ✓ On the venue
  - A hydroalcoholic solution dispenser should be placed at the entrance and exit.
  - Queue: marking on the floor to ensure the required distance is kept
  - Draw circulation in one direction to avoid crossing paths
  - Individual tray service
  - Regular ventilation of the space.
  
- ✓ Locations:
  - Pavillon Normand - Parc du Casino in Bagnères-de-Luchon.
  - Municipal gym in Argelès-Gazost.