



Official document of January 19<sup>th</sup>, 2021 – ENG

# INFORMATION ON THE COVID-19 SECURITY PROTOCOL

*In compliance with the recent FISU/FIS anti-COVID protocol, the following regulations are effective for MarciaGranParadiso 2021.*

## Mask required

Face masks are mandatory in all race areas (neckwarmers are not sufficient).

During the race, masks are not mandatory. They can be removed one minute before the start and must be placed in a pocket or disposed of in specific trash cans placed at the start.

At the finish line, the O.C. will deliver every participant a new surgical mask.

We invite everyone to dispose of the used masks in the specific trash cans.

## Temperature check

Body temperature will be taken:

At the race office entry (the entrance will be allowed to 1 person at a time with mask on);

At the start area entry (after the temperature check, the participant will receive a pass to be able to enter and exit the start area).

If higher than 37.5°C, the racing bib will not be delivered and the competitor will not be allowed to take part in the race.

## Registrations

You must pre-register at the following link <http://www.marciagranparadiso.it/pagina.php?id=2> by 6.00 p.m. of 5<sup>th</sup> Feb. 2021

On the 31<sup>st</sup> Jan. 2021, as confirmation of the event, the participants will receive an e-mail with the details to proceed with the payment. The fee must be paid exclusively ONLINE or via bank transfer before 5<sup>th</sup> Feb. 2021 at 6.00 p.m.



NB: on site registrations will not be accepted.

### **Clothing bags**

At the start, a specific area will be found to leave the clothing bags. The bags must be closed and the adhesive number must be placed in the indicated spot.

### **Starting grid**

There is a single departure divided by grids.

The departure of the U12s will take place 30 minutes after the last group.

### **Finish line**

At the finish line, the O.C. will deliver every participant a new surgical mask.

The transponder must be returned at the finish line.

An area to recollect clothing bags will be present.

### **Prize-giving ceremony**

Prizes will be awarded to:

- ✓ first 3 M/L ranked of the 40 km race
- ✓ first 3 M/L ranked of the 25 km race
- ✓ first 3 U16 M/L ranked of the 8 km race
- ✓ first 3 U14 M/L ranked of the 5 km race
- ✓ first 3 U12 M/L ranked of the 4 km race

The prize-giving will take place after the arrival of the third competitor ranked in each category directly at the finish line

Money prizes (for the 40 km and 25 km races) will be given at 1.00 p.m. at the race office

### **Feed zone + Lunch**

Snacks and drinks can be found in the 3 refreshment points along the track.

It will be necessary to:

- ✓ STOP (no in-movement refreshments)

- ✓ BE SERVED by the staff (NO SELF-SERVICE)
- ✓ NO LITTER

It is recommended to have your own water bottle.

At the end of the event every participant will receive a packed lunch to go.

### **Spectators**

Start and finish areas will be closed and accessible to competitors only.

Along the track, controllers will supervise potential spectators' gatherings.

We remind you that the audience is not permitted at the event.

### **Self-declaration of health condition**

COVID self-certification about your health condition must be delivered when collecting the racing bib.

### **Travel limitations**

According to government regulations, competitors are allowed to travel to reach Cogne, ONLY if duly registered to 38<sup>th</sup> Marciagranparadiso (national and international interest race present within the FISJ and CONI calendar), in compliance with competition rules set by their own national federation.

In case of police control, please show:

- ✓ Travel self-certification
- ✓ Confirmed registration to Marciagranparadiso

The O.C. assumes no liability for the rules in force for the event. It is the competitor's duty to keep informed of the regulations they must comply with.

The organization does not assume responsibility for the rules in force at the time of the event. It will be the responsibility of each competitor to inquire about the rules to which he must comply.

Viaggiare sicuri in Italia (Ministry of Foreign Affairs and International Cooperation)

[https://infocovid.viaggiasesicuri.it/index\\_en.html](https://infocovid.viaggiasesicuri.it/index_en.html)

### **Travel to Italy**

Please check on the following website <http://www.viaggiasesicuri.it/> and fill the form [https://infocovid.viaggiasesicuri.it/index\\_en.html](https://infocovid.viaggiasesicuri.it/index_en.html)



If your nationality does not allow you to enter Italy or if it requests a compulsory quarantine period, you will have to show the results of a test (PCR or antigen) to prove your health condition. Athletes, trainers and judges are authorized to take part in international competitions on Italian territory with a negative test run within 48 hours prior to entering Italy.

You can follow the event on facebook page **@Marcia Gran Paradiso**, on twitter account **@MGranparadiso** and on instagram profile **@marciagranparadiso**. Two are the official hashtags: **#Marciagranparadiso** and **#MGP2021**.

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## QUESTIONARIO SULLA SALUTE

### DATI PERSONALI

Nome			
Cognome			
Data di nascita	___ / ___ / _____	Indirizzo di Residenza	
Sesso	<input type="checkbox"/> Maschile <input type="checkbox"/> Femminile	N° cellulare	
Nazionalità			

### DOMANDE

	SÌ	NO
Hai avuto qualsiasi sintomo del raffreddore (tosse, naso che cola, mal di gola, difficoltà respiratorie, perdita del gusto o dell'olfatto) negli ultimi 14 giorni?	<input type="checkbox"/>	<input type="checkbox"/>
Hai avuto uno dei seguenti sintomi negli ultimi 14 giorni: - Febbre - Dolore al petto - Mal di testa - Nausea/vomito - Diarrea	<input type="checkbox"/>	<input type="checkbox"/>
Sei stato in contatto con qualcuno con una comprovata infezione da Covid-19 negli ultimi 14 giorni?	<input type="checkbox"/>	<input type="checkbox"/>
Sei stato in quarantena negli ultimi 14 giorni?	<input type="checkbox"/>	<input type="checkbox"/>
Sei risultato positivo al test PCR (reazione a catena della polimerasi) negli ultimi 14 giorni?	<input type="checkbox"/>	<input type="checkbox"/>

Data: \_\_\_\_\_

Firma: \_\_\_\_\_

Firma del genitore o di chi se fa le veci per il minore: \_\_\_\_\_

- **Se hai risposto SÌ a qualsiasi domanda del questionario, devi presentare un risultato negativo del test PCR Covid-19 eseguito nelle 72 ore precedenti (3 giorni) prima dell'arrivo all'evento.**

In caso di evidenza di infezione acuta ti verrà fornita una mascherina. Il personale medico è attrezzato e sarà richiesto l'isolamento. Le autorità sanitarie pubbliche locali saranno informate e saranno seguiti i loro protocolli. L'accREDITAMENTO non verrà rilasciato fino a quando non sarai stato autorizzato dall'autorità sanitaria pubblica locale. Gli atleti e le persone accreditate devono essere rassicurati sul fatto che dichiarare un viaggio da un'area ad alto rischio non precluderà la partecipazione ma devono aspettarsi di essere monitorati più da vicino.

*Le informazioni personali fornite sono trattate in modo strettamente riservato dal Comitato Organizzatore Locale e/o dalla FIS. Verranno utilizzate solo allo scopo di valutare se al richiedente può essere concesso o può mantenere l'accREDITAMENTO alla luce dell'epidemia da COVID-19. I requisiti di salute pubblica locali e globali determineranno la durata della conservazione dei dati.*