



Ski Sport Finland

## RUKA FREESTYLE WORLD CUP 2020 COVID-19 RISK MANAGEMENT PLAN

### PURPOSE

To deliver a safe event during the RUKA FIS FREESTYLE WORLD CUP despite the COVID-19 pandemic and maximize the potential for teams, media, volunteers, contractors and stakeholders to accomplish their goals in a risk-reduced environment. This document is aimed to provide information and a guideline to all participating groups, national and local health authorities, FIS medical committee and Ruka businesses, in order to secure a smooth run through of the event amid COVID-19 pandemic. Each section includes specific measures, rules and suggestions given the exceptional circumstances. Information in this document is being updated regularly as the epidemic situation in Finland and surrounding areas evolve.

# TABLE OF CONTENTS

1. GENERAL CONSIDERATIONS.....	3
1.1. Finland and Ruka as a destination for sport.....	3
1.2. FIS Freestyle World Cup.....	4
1.3. Medical review.....	5
1.4. International travel.....	5
1.5. Preparations - Creating a snowflake (bubble).....	7
2. PARTICIPATING GROUPS.....	8
2.1. Athletes and Team Staff.....	8
2.2. Media and Technical Staff.....	8
2.3. International Ski Federation (FIS), Data Service and Judges.....	9
2.4. Local Organizing Committee (LOC).....	10
2.5. Public & Guests.....	11
3. FACILITIES.....	12
3.1. Kuusamo Airport.....	12
3.2. Race Office.....	12
3.2.1. Team Captains' meetings.....	12
3.2.2. Team finance.....	12
3.2.3. Race administration (LOC).....	13
3.2.4. Media Center.....	13
3.3. Ruka Ski Resort.....	13
3.5. In the event of a positive Covid-19 test result.....	14
3.6. Field of Play.....	15
4. COVID - 19 RESPONSE.....	16
4.1. Prior to the event.....	16
4.2. During the event.....	16
4.3. After the event.....	18
4.4. Covid-19 Event Task Force and Covid-19 coordinator.....	18
4.5. Line of Command & Communication.....	19
5. AREA PLAN (Map of Ruka).....	20

## Annex

- FIS - testing protocol
- FIS - event organizer guideline

# 1. GENERAL CONSIDERATIONS

## 1.1. Finland and Ruka as a destination for sport

Finland enjoys a status of an established race organizer for various snow sports and is relied upon to organize annual FIS World Cup races in five categories - alpine, freestyle, cross country, ski jumping and nordic combined. These competitions together have a significant contribution to national health and wellbeing and in building an image of Finland as a winter wonderland and a major winter sport tourism destination. Furthermore local organizing committees including the national ski associations (NSAs) rely heavily on the possibility to organize events in their attempts to promote sport and health in society, to increase exercise among the youths, to promote ski resorts and venues and to provide an opportunity for the Finnish elite athletes to practice sport as a profession. Based on these arguments entry to all international ski events for international athletes, support teams and other related groups is essential.

As of October 8th Finland, is one of the least affected countries after the start of the pandemic. Since July the country has seen an increase in new infections and the prevalence of new infections is 34.1 cases per 100,000 inhabitants on a 14 day running average (8.9.-21.9.) In total the country has

11 345 reported cases and 346 Covid -19 associated deaths (Oct 8th, ECDC). Ruka is located in the northeast part of Finland and falls into the jurisdiction of Oulu / Koillismaa Hospital District. The area is one of the least impacted in Finland since this summer with a very few cases in August and September. Ruka has run a successful summer season with the majority of hotels and restaurants operating along with Ski Resort's summer activities. Travelling to the area has been mostly supported by domestic tourism with very limited international travellers in the country and area.

National authorities' hybrid strategy to fight Covid-19 is focused on testing, tracking and isolation of potential cases. The main governing bodies include the Ministry of Social Affairs and Health (STM) supported by the Finnish Institute for Health and Welfare (THL). The government is enforcing legislation and restrictions on a needs basis and for example mandating travel and entry related matters to Finnish Border Guard for implementation.

<https://stm.fi/en/-/10616/government-discusses-action-plan-to-manage-covid-19>

Sport and International Sport Events governance is with the Ministry of Education and Culture (OKM). Sport events currently follow some specific rules and standards including;

- Public events for more than 50 participants are allowed if special arrangements have been made to secure hygiene and social distancing.
- International teams enjoyed no exemption from travel restrictions over the course of summer. However, international athletes and teams have been visiting Finland with invitations to events provided by the organizers.

In the absence of a strategy and guideline to International events, together the aforementioned organizations assess each event on a case by case basis from a health and security perspective. In order to meet all standards and to apply necessary precautions, the Ruka World Cup Organizing Committee (LOC) is taking the initiative to document and combine national regulations and the guidelines set by International Ski Federation (FIS) in this document to prepare for any and all expectations of authorities.

## 1.2. FIS Freestyle World Cup

FIS Freestyle World Cup is an International sports league with a global footprint. It is the highest level of the sport and along with the Olympic Games and World Ski Championships the primary objective of international elite athletes. Competing takes place primarily in Europe but annual visits to North-America and Asia are also scheduled. Viewership of televised events is high and global. Globally Ruka Freestyle World Cup had almost 130 million viewers last year.

FIS' goal for season 2020-2021 is to stage FIS World Cup competitions throughout the winter season with the following;

- Ensure Safety, welfare and discipline of all participants and events by obligating all participating populations to Snowflake (bubble) procedures
- Arrive safely with the Teams and Stakeholders at the FIS World Championship, season highlight event
- Create FIS and joint actions to provide confidence to all Stakeholders: National Health Authorities, National Ski Associations, Teams, Organizers and other Stakeholders

The FIS World Cup Testing Protocol (Annex) defines the procedures, requirements, roles and responsibilities for the persons who are an integral part of carrying out FIS World Cup events. Everyone participating (accredited groups) are expected to take action to the best extent possible to minimize any risk of Covid-19 transmission.

There are four population groups who are subject to compulsory adherence to this protocol who are closely interacting in the staging of FIS World Cup Events:

1. Athletes, Team Support Staff
2. FIS Officials (Data service, Judges, race director)
3. Accredited Groups: Broadcasters, Sponsors and Partners, Event Management, etc.
4. Local Organizing Committee: Officials, Personnel, Workforce, Volunteers

Cohorts of different population groups are marked with colors according to tasks executed in the event and necessity to interact during the race.

RED: Athletes, Team Support Staff, FIS Officials, Timing and members of organizing committee relevant to race production such as start personnel, jury, Race Director, Medical Doctors and Finish area personnel

BLUE: course crew, lift service crew and equivalent

YELLOW: Media and Broadcasters

GREEN: Public, Vendors

### 1.3. Medical review

National Health Regulations are decisive in each World Cup hosting country. Therefore, LOC is taking the action to mediate between all parties and authorities. Finnish government along with key coordinating ministries and authorities are publishing rules and regulations that event organizers are committing to follow.

<https://valtioneuvosto.fi/en/information-on-coronavirus>

<https://thl.fi/en/web/infectious-diseases-and-vaccinations/what-s-new/coronavirus-covid-19-latest-updates>

FIS testing protocol and event organizer guideline (annex) published on Sept 9th are the primary guidelines from the event organizers side and subject to national authorities approval. Due to the nature of each organizing venue some event specific rules and guidelines will be implemented. These are documented in sections that follow.

While all precautions will be taken at this event to reduce the risk of COVID-19, just due to the nature of the event, number of people involved and travel, the risk cannot be fully eliminated. As such there needs to be a robust plan to reduce the risk of introducing COVID-19 or spreading COVID-19 during the event. The added challenge is the knowledge that people can be asymptomatic carriers and spreaders of COVID-19, and that COVID-19 testing can be falsely negative. This document includes preparations throughout, and section Covid-19 response is designated to addressing measures to be taken prior, during and after the event.

### 1.4. International travel

There are currently (Oct 8th) international travel restrictions to / from Finland for specific geographical locations including most European countries. For domestic travel there are no restrictions in force. The Finnish government along with Finnish Institute for health and welfare (THL) are assessing travel associated risks and publishing travel restrictions every two weeks. In a resolution from Sept 11th the government aligned that starting September 19th travelling without restrictions is possible to and from EU and Schengen countries with a

Covid-19 prevalence lower than 25 cases per 100,000 inhabitants over 14 days running average. Travelling from countries above the threshold is subject to special group status or later in the year testing protocol. Traveling to / from outside of Schengen and the EU would remain restricted. After a transition period (Sept 19th - Nov 22nd) a new model is implemented. According to the new model, a certificate of a negative COVID-19 test taken less than 72 hours prior to arrival would be required for those arriving from higher incidence countries or regions. Persons arriving in the country may be placed in quarantine in accordance with the Communicable Diseases Act. Quarantined persons could end their quarantine upon receiving a negative result from a second COVID-19 test taken 72 hours after entry at the earliest. Persons staying in the country for less than three days will not be required to quarantine or take a second test.

<https://valtioneuvosto.fi/en/-/10616/government-adopts-resolution-on-implementing-the-hybrid-strategy-for-border-traffic-and-travel>

In the same government decision in principle from September 11th, sport was awarded a “special group” status whereby teams and sport related groups are subject to an adapted procedure whilst travelling. The status is in force from Sept 19th. This status is based on invitation by the organizer or employer only and is subject to the organizer being able to secure necessary precautions and a health and safety plan in order to prevent COVID-19 transmission during visitors’ stay. Visits under this rule are assessed for their significance and security by authorities..

**The official invitation period of the LOC starts on Monday 30.11.2020 and lasts until Sunday 06.12.2020. During this time the LOC is responsible for the groups associated with the race.**

**Teams travelling to Finland during this period are invited using the “special group status”.**

**Prior to travel and receiving any accreditations, the organizer requires a negative Covid-19 test from all the accredited persons. The Covid-19 test may not be older than 72 hours. Travelling takes place using commercial or chartered connections. Everyone is required to wear a facemask during the entire trip.**

Preseason training is very important for the Freestyle World cup athletes, since there is a limited number of locations, where snow training is possible before the season starts. Preseason training is also a big opportunity for Ruka Ski Resort to receive visitors in a quiet time of the year, when no other visitor groups are on site.

**Ruka Ski Resort has been awarded a “special group status” for freestyle athletes between the time period of: 06.11.-22.12.2020.**

**During this period, excluding the official World Cup competition period 30.11.-6.12., Ruka Ski Resort is responsible for the health and security of the participating groups. So during that time travelling and test protocol is according to the Ruka Ski Resort application.**

Some of the athletes competing in Ruka Freestyle World cup Opening, have already been in Ruka Finland for a period of time for training.

**All participants are still required to present a negative Covid-19 test no older than 72 hours to be accredited as well as filling the other FIS Covid-19 passport requirements.** In order to be able to take the test, the Local Organizing Committee provides help and necessary information where the testing is possible.

## 1.5. Preparations - Creating a snowflake (bubble)

The goal of this document is to organize the event in a safe way and create cohorts in order to isolate all participating groups (section 2) from locals, tourists and each other for the whole duration of the event. The primary concern for the LOC is to

1. Protect all participating groups from infection
2. Protect tourists, locals and workers in the area
3. To be able to isolate groups effectively and efficiently
4. To keep a positive infection in isolation and the resulting quarantine limited to less than 10 person
5. To keep the tour from stopping in case of a positive case and give the next organizer of FIS Freestyle World Cup an opportunity to organise their event safely
6. To organise a world class sport event and TV-entertainment

The aim of these measures is to secure the event regardless of epidemiological developments in Finland and around the globe. The specific action taken by the the LOC include;

- **Testing of all participating groups prior to receiving an accreditation, the test may not be older than 72 hours.**
- Cohort travelling, transportation and accommodation
- **Health questionnaires pre-event to all participating groups**
- Limited accreditation
- Participant groups are obligated to follow FIS protocol and risk losing their accreditation unless
- **Whereabout tracking for FIS World Cup Tour in Covid-19 passport**
- Physical distancing of two meters throughout the resort between all event guests and employees and/or cohorts
- Mandatory masks for all event guests including teams, media, volunteers, contractors and stakeholders in public and private function spaces (except when outdoors)
- Masks worn by all resort employees indoors and gloves based on position
- Hand hygiene, including proper handwashing and hand sanitizer stations throughout the resort and in each private function space
- Screening for all employees,(may include a temperature check)
- Increased cleaning and disinfecting frequency, with continued use of EPA-registered disinfectant proven effective in preventing the transmission of COVID-19, with special attention to high- touch points
- COVID-19 awareness, education and training for employees
- Low or no-touch payment where possible
- Plexi-glass separation in key areas

More group and facility specific information in the sections that follow.

## 2. PARTICIPATING GROUPS

### 2.1. Athletes and Team Staff

Approximately 200 mogul team members and 200 Aerials Team members from appx. 16 nations will be in Finland for early season training and for the FIS Freestyle World Cup opening competition.

Teams stay in Ski Inn Apartments. Each unit has their own security plan described in section facilities. Teams will be using single / double rooms. Each unit / hotel has the opportunity for quarantine in isolation if needed. The teams will be obligated to follow FIS protocol (annex) and will not move in public. All teams are expected to strictly limit their free time to socializing with their own team only.

**The FIS will record athletes' and teams' whereabouts during the season and each team member will have their testing history available to the event organizer in a FIS Covid -19 passport, a digital database hosted by the FIS. FIS Covid-19 passport need to be up to date with a valid negative Covid-19 test result, no older than 72 hours from every person that wishes to receive an accreditation.**

Once the team members have been accredited, all members are requested to download the tracking app Vilku to safeguard participants during the event and to allow the event COVID-19 task force to act should there be a positive case during the event.

Teams will be accredited to enter "Red" - zone in Field of Play, training facilities and their respective accommodations.

OBJECTIVE! Under any circumstance should there be no situation where a positive case results in a quarantine of more than 10 people.

### 2.2. Media and Technical Staff

Media representatives in the Freestyle World Cup Ruka event consist of host broadcaster, Finnish national TV, Infront representatives, FIS media coordinator, photographers, journalists, total of about 25 people. Media center will be located in Ruka Congress Center. The Media Center and hotel services are designated for media usage only, in order to keep the group as an isolated cohort as possible.

Each media representative must provide LOC the following information 3 days prior to departure in the FIS Covid-19 database. LOC holds the right to deny access to the event



based on the restrictions set by Finnish health authorities, unless all the criteria is fulfilled acceptably.

A person coughing, sneezing or having elevated temp, above 37,5° C, is not allowed to access any media premises, even outdoors and will be removed by LOC, if met. Immediate quarantine will take place on the cost of the person him/herself. LOC holds the right to do body temperature measurements to secure everyone's health.

Rules to access to media corridor only

- 1,5m distance to athlete
- no cell phones or similar, only proper microphones with changeable mic cover
- Live tv platform 1,5m distance, limited number people per platform size or 1 journalist and one cameraman

Other considerations

- FIS podium interviews, live feed, share via platforms, to be decided how to record video and sound.
- Interviews: only from a distance with a long mic stand, mic cover must be changed between each interview, masks all, only journalist and cameraman. No indoor interviews unless separately agreed with the team's media attaché. LOC will not carry any costs or consequences.

Groups and accreditations

- FIS: one person (race director) who must be included in the **Red zone**. If the second person is a video/photo from another company this must be clearly stated.
- Infront: **Red / Yellow Zone**, Italian origin, visits to any other countries from the last 30 days must be stated, also through which countries travels have taken place, link person from YLE (YLE bubble), crossing two groups!
- TV production / Videpe Oy: group of 15 people. **Red / Yellow Zone**, travel info for 30 days to be requested.
- Host broadcaster YLE: **Yellow Zone**, crossing with other groups, travel history
- MagnumLive: 4 people, video and sound **Yellow zone**
- Live tvs: accommodation per teams per nation **Yellow Zone**. Expected broadcasters
  - Finland LOCs communication team: 2 persons

### 2.3. International Ski Federation (FIS), Data Service and Judges

A delegate of approximately 10 ppl from FIS will travel to Finland from Central Europe during the invitation period.

All participants are required to prove a negative COVID-19 test result no older than 3 days to enter Finland and to receive an accreditation. This group is required to fill in the FIS Covid-19 passport also as well as the health questionnaire.

Part of the FIS group is accredited to the **Red zone**. Data service and judges will be accredited to the **Yellow Zone**. Each unit / hotel has their own security plan described in

section "Facilities". Each hotel has the opportunity for quarantine in isolation if needed. The members will be obligated to follow FIS protocol (annex) and will not move in public.

## 2.4. Local Organizing Committee (LOC)

LOC comprises key personnel of the race. This group will work together prior and during the race prioritizing online technology and small meetings. All key persons placed within the **Red bubble** will be tested for COVID-19 3 days prior to the event and those working with other Red zone groups will be included in cohorts for accommodation and logistics. Team leads are accredited into their respective zones.

LOC will be based in Ruka a week prior to the event. This all Finnish group is partly locals and the rest will travel using ground transport. Race crew will stay with others working on the red zone etc. Substitutes to be organised for a few key roles. The primary and substitute should not live together nor work together indoors.

### Technique

- 5-10 persons in total. Mostly accredited to the **yellow zone**. Some accreditations to the red zone and accommodation in the same cohort with the teams in case international TV broadcast require working with teams. These two will be obligated Covid-19 tests no older than 3 days.
- Travelling from the capital Helsinki area either with the private cars or domestic flights.
- The main team will be living in their own cabin. Food services are arranged with the production crew.
- Will be required to download tracing app Vilku prior to arrival

### Builders (Course, etc.)

- 35-40 persons
- Travelling from the Jyväskylä area with their own bus
- Negative Covid-19 test is required before entering the bus
- The team will be living in their own cabins
- This team will arrive at Ruka one week prior to the race
- No communication / socialization with race crew or teams
- Will be required to download tracing app Vilku prior to arrival

### Volunteers

Ruka FIS Freestyle Opening World Cup is using a small amount of volunteers as a part of the LOC. All volunteers travel to / from Ruka using their own ground transportation, all participants are Finnish.

Accommodation will be organized in Ski Inn apartments with the aim of splitting sectors and creating cells that travel, house and work together.

Number of volunteers is under 20 persons

#### Volunteers details

1. Volunteers within the **red bubble** will be tested prior to the event and all volunteers according to national health regulations if necessary.
2. Volunteers should work in smaller groups (no more than 6) and consistently stay within that crew.
3. Ideally those that room together - crew together.
4. These crews should do their best to minimize exposure to other crews.
5. Car-pooling should be with your roommates or crew team.
6. Social gatherings are to be prohibited.

#### Volunteer DOs and DONTs

- FIS protocol applies to volunteers as a designated population within “snowflake”
- No welcome get-together
- No dining out prior or during the event
- No Volunteer Wrap Party
- Volunteer communication through the usage of virtual technology - work space groups
- Volunteer gifting (hoodie, beanie) - room drop outside the door of volunteers on a set day and time (exchanges by appointment only)
- Volunteers and contractors will be required to download tracing app Vilku prior to arrival

## 2.5. Public & Guests

The Ruka World Cup will welcome a limited number of public to the race event - final number will be agreed with the authorities closer to the event. No international fans or guests are invited.

The movement of the public and guests will be limited to Green -zone on the event area map. This is made to ensure the public will not mix with other participating groups beyond volunteers working merely in the green zone. Furthermore the following changes will be made to ensure health and safety;

- No public events beyond the competition
- No VIP events
- Finish Area design allowing sufficient space and blocks for public
- No bar tent
- Spectator viewing in limited zones and from the fences throughout the course

## 3. FACILITIES

### 3.1. Kuusamo Airport

All groups arriving at Ruka via airplane will travel through Kuusamo airport and its border control station. No special arrangements are being made as the groups travel using commercial connections.

For each group we suggest booking ground transportation in advance via Ruka Booking sales office. Race associated groups are not advised to use public transport. Local transportation companies commit to your safety:

- driver wears face mask
- bus is disinfected before each group
- disinfection liquid available in the bus

***All participating groups need to wear face masks all the way from the port of departure to their accomodation in Ruka and back.***

### 3.2. Race Office

- Ruka Congress Center and virtual meeting room
- Team information sent by email prior to the arrival to the teams: including hotel information and arrival instructions
- Checking of entries by email - the accommodation invoice will be put together accordingly
- Distribution of lift tickets and accreditations - prepared prior and delivered to the point of pay directly
- Virtual race office available
- Hygiene concept - distance, hand disinfection, nose-mouth masks

#### 3.2.1. Team Captains' meetings

- Use of virtual technology for TCMs
- Delivery of the competition Bib's is made without contact
- Distribution of starting lists and results via e-mail to the Teams

#### 3.2.2. Team finance

- Assigned work space with plexi-glass
- Invoices to be sent according to entries, CC payments at the office
- Visits to the office by appointment only

### 3.2.3. Race administration (LOC)

- Virtual meetings every morning

### 3.2.4. Media Center

- Designated work space in Congress center
- Hygiene concept - distance, hand disinfection, masks

## 3.3. Ruka Ski Resort

### **Accommodation**

Before arrival team manager / head coach will receive apartment numbers and door-codes. There is no need to visit the reception desk for check-in at this point.

Please check up your arrival time with Ski-Inn reception so that the door-codes are set for correct time. **Ski-Inn Reception is open daily from 8 am till 10 pm: [ski-inn@ruka.fi](mailto:ski-inn@ruka.fi); +35888600290**

### **At the Unit / Hotel**

Public spaces (lobby, front desks, hallways) which are high-touch points, are regularly cleaned according to the Finnish Institute for Health and welfare (thl.fi) regulations. Disinfection tools are stationed in all public areas to allow our guests to easily sanitize their hands.

Each client has an electronic door-code as a key to their apartment and to the building. Code panels are frequently cleaned by the cleaning staff of the hotel.

### **Cleaning**

Cleaning in the Ski-Inn accommodation facilities is provided by SOL, professional cleaning company which monitors and acts according to the instructions of the Finnish Institute for Health and Welfare. SOL obtains up-to-date information from the authorities and persons in charge in the health care sector. They provide their entire personnel with the instructions of our occupational health services in Finnish, Swedish and English languages.

Additionally, to basic high hygienic cleaning SOL executes intensive wiping of surfaces in Ski-Inn buildings. Cleaning tools are changed after every final cleaning of the apartment. SOL personnel are instructed to wash hands always before moving from the cleaned apartment to the one to be cleaned next. Cleaning ordered while accommodation still lasts will be performed when guests are absent from the room.

Special attention is paid to high-touch surfaces in public spaces such as door handles and elevator buttons – these places are wiped daily.

## **Social Distancing**

Depending on the situation staff will wear face masks (Front desk staff will stay behind the plexiglass without masks) to ensure the health and safety of guests and employees. However, we follow current suggestions of Finnish Institute for Health and welfare (thl.fi). The minimum distance of 1 meter is suggested to employees and guests to keep.

## **RukaBooking**

Rukakeskus Ltd  
Rukankyläntie 8  
93825 RUKATUNTURI  
[myynti@ruka.fi](mailto:myynti@ruka.fi)

Olga Nieminen +358401919356; [olga.nieminen@ruka.fi](mailto:olga.nieminen@ruka.fi)  
Janne Pietilä +358505337867; [janne.pietila@ruka.fi](mailto:janne.pietila@ruka.fi)

## 3.4. Covid-19 testing

### **Ruka**

Bene Finland ([www.benefinlandia.fi](http://www.benefinlandia.fi)), located at Shopping Center Kumpare:  
Tel: +358 40 707 7123  
Kauppakeskus Kumpare  
93825 RUKATUNTURI

**Bene Finland performs an antigen test and the results come quick**

### **Kuusamo Health Center**

Tel: +358 40 707 7123  
Raistakantie 1, Kuusamo

They will perform a PCR test only for the persons with symptoms or for the persons with positive antigen test result from Bene Ruka

## 3.5. In the event of a positive Covid-19 test result

In case someone will test Covid-19 positive in antigen test, they need to get in touch with Kuusamo Health Center in order to take a PCR test to validate the result. Also if someone gets Covid-19 symptoms, we ask team manager / coach to get in touch with Kuusamo Health Center.

**Kuusamo Health Center phone number +358 40 860 0090 (24/7)**

Immediately after that, inform Ruka Ski-inn reception: +358 8 860 0290 (open daily from 8 am till 10 pm). Ski-Inn reception will have to arrange separate accommodation for the infected team member and help Health Authorities to find out all the possible contacts he / she had. We will have to give privacy data to the authorities to track all the people possibly

infected. Ski-inn reception can also help with booking the transportation to Kuusamo Health Center.

Inform also FIS race director Andrea Rinaldi or Konrad Rottermund as well as LOC General secretary.

Please note that the National Health Authorities require a 10 day quarantine period for the Covid-19 positive persons, so you are not allowed to travel nor move during that time. It might affect your travel plans and lengthen your stay in Ruka Finland.

### 3.6. Field of Play

#### Lift access

- Lift sharing is limited to cohorts in Red / Blue etc.
- Only team members should share lifts

#### Event finish area (Mixed zone)

- Hand sanitizer stations in key areas
- Increased frequency of cleaning and disinfecting with special attention to high-touch points
- Masks for all
- For all the noted zones/areas:
  - Live TV area
  - Leader board + area
  - Media entry

#### Podium

- No champagne, no flowers - only picture with the reindeer & Santa 2 meters away
- According to FIS approved TV-plan

#### Spectator finish area

- Special area for spectators
- Athlete corridor from the finish area to the lift
- Sections for public clearly signposted and limited with barriers

#### Media area and compound (Yellow Zone)

- Access with accreditation only
- According to the compound plan
- Designated photo and Live-TV areas
- Distance to be maintained with Red -zone accredited
- Distancing throughout

## 4. COVID - 19 RESPONSE

### 4.1. Prior to the event

People are asked to stay home if they don't feel well!

1. No one with symptoms considered indicative of potential COVID-19 within 10 days prior to arrival are allowed to be involved in the event and should stay home.
2. No one who has been in contact with anyone with known COVID-19 or potential COVID-19 symptoms within 14 days of arrival are allowed to be involved in the event and should stay home.
3. A health questionnaire is sent to all accredited groups and participants - answering YES to one or more questions results in exclusion from the event
4. Accredited groups are pre-screened for their whereabouts in the past 14 days
5. Covid-19 pre test for international groups, selected LOC members and media representatives

COVID-19 symptoms include:

- Cough
- Fever
- Shortness of breath
- Runny nose
- Sore throat
- Loss of taste and / or smell
- Muscle and joint aches
- Nausea, vomiting or diarrhea
- Severe exhaustion/fatigue

Each participating group is required to follow group specific instructions prior to the event.

### 4.2. During the event

1. **A person receiving a positive result from antigen test need to be sent to Kuusamo for PCR testing in order to verify the result.**

**If you receive a positive test result, call +358 40 86 000 90 number will be working 24/7.**

**You must follow the given instructions.**

**You must also inform the FIS race Director and General Secretary of the race as well as Covid-19 coordinator of the event.**

2. National procedures for quarantine for 10 days apply, so note that travel is not possible during that time.



3. Anyone who develops symptoms indicative of potential COVID-19 must isolate immediately and notify the Event task force of the event through approved channels (team medical lead, crew chief, etc.). Person with symptoms need to call +358 40 86 000 90 in order to receive further informations
4. Contact details to be found at the end of this document.
5. This person will be asked to leave the event and return home immediately if they can travel using their own means of transport (LOC). If isolated travel is not possible an isolation room will be provided for the quarantine period of 10 days.
6. Anyone who has been in close contact with the symptomatic person will be asked to self-isolate until e COVID-19 testing results are known. Instructions to be given by event Covid-19 coordinator

Steps in place to minimize spread:

There are critical steps to minimize the spread of COVID-19.

1. Minimize close contact between individuals and limit the number of people to which they are exposed,
2. Keep clear records for easy contact tracing should a COVID-19 case develop in order to identify and isolate all contacts of a known positive case.
3. Hygiene plan for each facility - clear signage, sufficient amount of hand disinfectants per venue and opportunity for frequent hand washing.
4. Clear communication to and through event task force when feeling unwell
5. Daily self-assessment

For all participants in the event:

1. LOC must have clear documentation of contact information including accurate phone contact information.
2. LOC must have clear documentation of those in close rooming contact (all those rooming in the same room).
3. Everyone involved must be clear that this information will be shared with Lapland Medical Centre to enable rapid contract tracing if a participant at the event becomes ill with COVID-19.

Special considerations for the medical crew:

It would be incredibly rare for any athlete competing to have an active case of COVID-19 and suffer a critical race injury requiring advanced airway management. This said, enhanced PPE capabilities should be applied in the medical Centre.

1. During an event requiring intervention, only those absolutely required for the care of the patient are permitted to be in the space (Race doctor, team doctor / manager, emergency personnel).
2. Proper PPE will be required for these interventions including gowns, gloves, N95 masks and facial shields. (NB as N95 masks are a fitted mask, medical team persons with potential involvement in the medical bay will be required to bring their own N95 mask).

NOTE:

- Usage of the trace app Vilkku <https://koronavilkku.fi/en/>
- Testing for COVID-19 available for symptomatic tourists in Lapland without cost

Other considerations:

- Mask wearing is mandatory in all facilities indoors excluding assigned roommates and when two-metre physical distancing cannot be maintained outdoors.
- Everyone is asked to download and use Korona Vilkku app for all those involved in the event. This will facilitate contact tracing should there be a positive case.
- Frequent hand washing and sanitizing
- Respiratory hygiene (cough into your elbow)
- Avoid touching of the face
- Responsible distancing, non-physical greetings
- Daily health assessment
- Everyone must be very firm on the policy of reporting any illness to the crew chief and chiefs of medical as appropriate.

### 4.3. After the event

After the event:

1. Anyone who develops symptoms after the event must self-isolate, get tested for COVID-19 and ensure LOC is notified immediately.
2. After leaving Finland international groups are asked to report symptoms developed during the race to allow necessary action

### 4.4. Covid-19 Event Task Force and Covid-19 coordinator

LOC will appoint a covid-19 coordinator who is an expert in infectious diseases and responsible for following;

- Close cooperation to public health authorities
- Up-to-date knowledge of national health directives
- Advising the LOC on prevention and mitigation
- Advising the LOC on testing and protocols
- Leading measures in case of a positive case

Event task force is formed of senior officials of FIS, LOC, NSA and Covid-19 coordinator nominated by the national / local health authority. The taskforce is responsible for

- assessment of health issues during the event
- communication to the teams in case of illness / Covid-19
- communication plan

## **Covid-19 Event task force**

FIS Race Director                      Andrea Rinaldi [rinaldi@fisski.com](mailto:rinaldi@fisski.com) +41 79 421 44 21  
Secretary General                      Minna Karhu [minna.karhu@skisport.fi](mailto:minna.karhu@skisport.fi) + 358 440211024  
NSA Executive                              Iiro Kaukoniemi [iiro.kaukoniemi@skisport.fi](mailto:iiro.kaukoniemi@skisport.fi) +358400519422  
Covid-19 coordinator                      Marika Käkälä [marika.kakela@kuusamo.fi](mailto:marika.kakela@kuusamo.fi) +358 408608785  
Covid-19 coordinator between 4.12.-6.12.  
Aatu Hautamäki: [aatu.hautamaki@kuusamo.fi](mailto:aatu.hautamaki@kuusamo.fi) +358 40 860 8806

## **4.5. Line of Command & Communication**

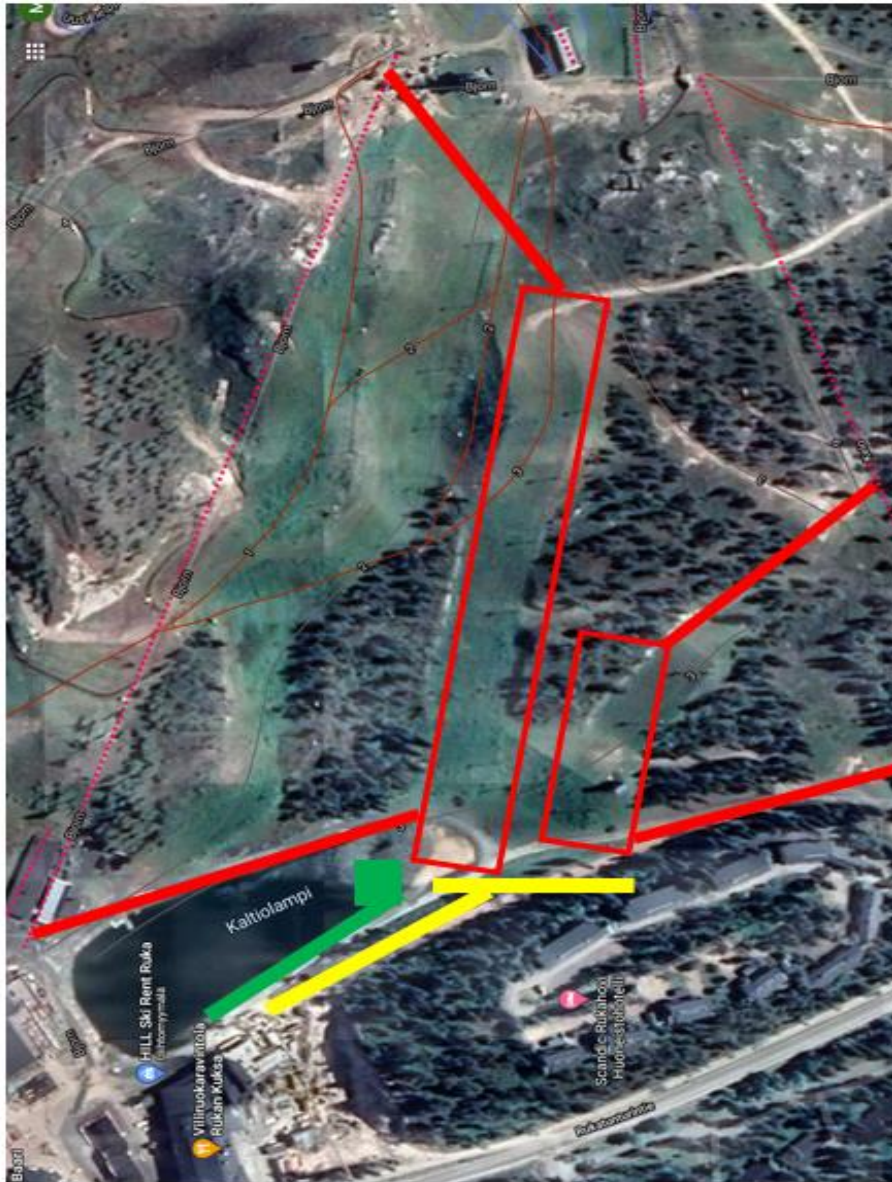
The Event Management Group and Covid-19 task force will have close communication throughout the event planning process and event days. Event related decisions are made in mutual understanding. Health and Covid-19 decisions will be made in the Event task force and by the national health authority (coordinated by Covid-19 coordinator). When necessary, the experts of different fields are consulted.

All the communication is to be as proactive as possible yet carefully considered. Communication will be executed aligned with FIS and Infront communication. Communications flow for a positive Covid-19 case will follow FIS Covid -19 Risk management and testing protocol (annex).

## **The Management and Communication Group during the Event**

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Secretary General                      Minna Karhu [minna.karhu@skisport.fi](mailto:minna.karhu@skisport.fi) + 358 440211024  
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NSA Executive                              Iiro Kaukoniemi [iiro.kaukoniemi@skisport.fi](mailto:iiro.kaukoniemi@skisport.fi)  
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## 5. AREA PLAN (Map of Ruka)



RED: Athletes, Team Support Staff, Equipment Service, FIS Officials, Timing and members of organizing committee relevant to race production such as start personnel, jury, Race Director, Medical Doctors and Finish area personnel

YELLOW: Media and Broadcasters

GREEN: Public, Vendors