

## Welcome to Ruka Nordic World Cup 27.-29.11.2020

The organizer of the event, Kuusamon Eräveikot, together with Finnish Ski Association, has set up a COVID-19 event task force to minimize risks during the pandemic. The COVID-19 task force aims to plan and organize a safe competition event for all participants. The rules and guidelines are guided by national regulations and legislation in Finland.

These instructions and rules of the competition are planned according to the current national regulations for COVID-19, and all changes are possible, if necessary. In the Northern Finland the incidence of COVID-19 has been minimal, and the current environment for the competition is safe.

Seppo Linjakumpu  
General secretary

### Instructions for all teams arriving to Finland from abroad

#### *Arriving to Finland*

For all the participants arriving to Finland must hold the necessary travel documents and a negative coronavirus test certificate that is no more than 72 hours old at the time of your arrival in Finland.

The national regulations recommend all the participants to download a mobile application Koronavilkku, which is a contact tracing app produced by the Finnish Institute for Health and Welfare (THL). The application will help you find out whether you may have been exposed to coronavirus during your visit in Finland. An English version of the application can be downloaded from Google Play or from Apple store.

For more information, please visit: <https://koronavilkku.fi/en/>

During your travel, it is obligatory to use a face mask at all Finnish airports and at domestic flights.

#### *Transportation to Ruka*

The drivers of the teams are tested negative for COVID-19. Inside the cars it is recommended to use FFPE2 or FFPE3 respiratory masks. The drivers will provide the masks and hand sanitizer for travellers. The face masks must be placed on before entering the vehicles.

#### *Voluntary quarantine*

The person arriving to Finland must stay in voluntary quarantine according to the national regulations. Usually the quarantine is 10 days, but it can be shortened by taking two COVID-19 test. The first test is taken in the country of departure (no more than 72 hours old at the time of your arrival in Finland) and the second test is taken at least 72 hours after your arrival. If the result for both tests are negative, the quarantine can be stopped. During the voluntary quarantine the training is possible only outdoors.

### *Arriving to the training camps*

Those who arrive to training camps in Finland in advance, must take a COVID-19 test at least 72 hours after your arrival to Finland. After negative test result the voluntary quarantine can be stopped, and it is possible to train normally.

Those who arrive to training camps will be tested two times for COVID-19 in Finland. The first test is taken after entering to training camps, and the second test is taken after entering to Ruka.

### *Arriving to Ruka*

When arriving to Ruka from Finnish training camps or from abroad, a COVID-19 test must be taken at least 12 hours after your arrival to Ruka. Those who participate to training camps will be tested two times in Finland. Those who arrive straight to the competition will be tested once. The medical center Mehiläinen will take the tests at Ruka village.

### COVID-19 testing at Ruka

The medical records system in Finland requires a medical referral for each COVID-19 test, prior taking the test. The information needed for the referrals must be added to the medical records 7 days before testing. By adding the information in advance, the testing is faster and the queuing times for the tests are shorter.

Each team must provide a list of persons, who will be tested. The list must be provided as an excel file. The name, phone number and the arrival date for each person must be classified in different excel cells. The data must be sent to the organizers by 16.11.2020. (covid19@rukanordic.com)

The information will be given to the medical center Mehiläinen, who make sure that the medical referrals are ready for COVID-19 testing.

If the list is not provided in advance, the information will be added to the medical records system when taking the test in Finland. In this case queuing might take longer, and the price for the test is higher.

Before taking the test, all the participants must sign a document, where they agree that the test results can be reported to the organizers.

The negative test result for COVID-19 test will be informed by SMS message. A positive result is informed by calling, and the healthcare instructions for the infected will be provided on the phone. After a positive test result, the organizing committee and local healthcare authority will start tracing those who might have been exposed for coronavirus.

The COVID-19 test is an antigen test, which is approved by the local healthcare authority. The result is ready within 6 hours from taking the test. A positive test result will be confirmed with a second different PCR-test.

Prices for COVID-19 tests (in euros):

Antigen test 99,00 and a handling fee 15,00

PCR test 195,00 and a handling fee 15,00

The testing can be payed with bank or credit card. Cash is not accepted. The teams are responsible for making sure that all their member have a payment card available.

The location of medical center Mehiläinen at Ruka will be announced later.

Questions regarding the COVID-19 testing can be send in advance to: [covid19@rukanordic.com](mailto:covid19@rukanordic.com)

### Accommodation at Ruka

All the hotels and restaurants in Finland follow the national regulations of the Finnish Institute for Health and Welfare (THL) and Regional State Administrative Agency (AVI). The regulations might change before the event.

The Regional State Administrative Agencies give guidelines to the hotels and restaurants. Every restaurant has a plan for in-house control, where the state their actions to prevent and minimize the spreading of COVID-19. In-house control is inspected regularly by local healthcare authority.

The current regulations are limitations to the opening times of restaurants and amount of guests, that can enter the restaurant at the same time. These limitations occur in all restaurants in Finland. The sanitation and hygiene follow the international recommendations for COVID-19. Restaurants must guide their customers to keep the social distance of 1-2 meters.

Below are listed the special actions to ensure safety in accommodation:

#### *Scandic Rukahovi*

It is possible, that other guests are accommodated to the same hotel in 50 rooms / approx. 50-90 persons in total.

- In Scandic Rukahovi teams are accommodated in the same floor. Other guests are accommodated in other floors, if possible
- Some of the rooms have their own entrance
- In hotel rooms there are disposable hand paper towels
- No housekeeping service while guest is in the room
  
- Lunch and dinner are served at restaurant in Rukahovi, which is closed from other guests. At breakfast there might be other diners at the same time, but they are seated to a different area, if possible.
- Water and drinks are ready at the tables
- The tables are cleaned between guests, after the diners have left the table

*Ski-Inn -apartments (RukaVillage, RukaSuites, AurinkoRinne, RukaValley, RukaTonttu)*

- Possibly other guests also
- AurinkoRinne and RukaTonttu have their own entrance in each apartment
- In RukaVillage, RukaSuites and RukaValley it is possible to use elevator or stairs
- Each team will be accommodated in the same floor, if possible
- No housekeeping service while guest is in the room
- In case of suspected COVID-19 infection, the cleaning service is ready for disinfection

*Restaurant Villisika*

(Dining of participants, who are accommodated in RukaSuites, AurinkoRinne and RukaVillage. Possible also some members of event organization, who are accommodated in Karhunvartija.)

- Separate area for dining and own entrance

*Hotel Rukatonttu*

- The whole hotel is reserved for Ruka Nordic participants. No other guests or diners.

Changes of rooms

Changing of the rooms or apartments without a separate notice to the hotel is strictly prohibited. In case of COVID-19 infection the event organizer and local healthcare authority will start to trace the persons who might have been exposed for coronavirus, and that will be based on the room distribution informed. If room changes needed, please inform Reception.

Accreditation

In accreditation, the participant must hold FIS pass and a certificate of a negative COVID-19 test result taken in Ruka. If the participant has agreed, that the testing results can be informed directly to the organizer, the accreditation can be done without the participant bringing the test certificate personally (e.g. by team managers).

There will be two different places for accreditation. Accreditation station 1 is for team reds and accreditation station 2 for other teams. For team specific information see section "Cohort model" below. At accreditation, you will receive an accreditation card, and a colour code card. Both cards must be held visible during the whole event.

The locations of both accreditation stations at Ruka will be announced later.

Cohort model

The participants are isolated and separated to smaller groups according to a cohort model. In the cohort model the participants are divided to groups: red, blue, yellow and green. The listing of the groups is introduced below.

Ruka Nordic will be held without spectators, to maximize the safety and welfare of the participants.

### TEAM REDS

The red team includes international participants and local organizers. A snowflake bubble will be created for all the members. Smaller subgroups will be created inside red group.

Persons accrediting to Team red:

- foreign stakeholders: athletes, members of the teams, ski maintenance, FIS members, timing
- local organizers: starters, judges, jury, production and technique personnel who will be in contact with this group
- local stakeholders: attaches of each team, starters, reporters and catering personnel

Inside red cohort different teams, coaches and maintenance personnel will be divided to subgroups according to instructions provided by FIS and local organizer. Each team will have their own accommodation, maintenance area and assigned team meal times.

### ***DOs and DONTs in the red team***

#### ***DON'T:***

- All activity outside the snowflake bubble, for example
  - private group meetings
  - going to restaurant at Ruka village (at other times than planned and scheduled), visiting at shopping centers
  - private parties for groups

#### ***DOs:***

- use a personal respirator/mask in public areas which are assigned for reds. Respirator must be worn also inside (exception for eating)
- outside, if social distance is less than 2 meters

### ***TEAM BLUE***

Team blue includes local and international participants

- Organizers production and technique personnel and national stakeholders: staff and volunteers, who do not work in the red group
- Event builders

### ***TEAM YELLOW***

Team yellow include local and international participants:

- media representatives host Broadcaster YLE, Infront, European Live-tv producers
- FIS media coordinators
- Media attaches
- international and local photographers, journalists and social media representatives

## TEAM GREEN

The team green are participants of a private event, which is held at the stadium area in VIP Sudenpesä. There is a separate entrance to the private event, and the guests don't have access to the stadium area. The private event is held in an closed space.

The members of the team are:

- FIS, KEV and SHL partners in the private event
- Catering –personnel of the event
- Security officers (bouncers) of the event

## Information

The organizers will inform the national and event specific instructions through different channels:

- website [www.rukanordic.com](http://www.rukanordic.com)
  - group specific general instructions
- Lieke-application
  - Lieke-application is the information channel of the event. Through this application, possible changes in instructions or special circumstances can be informed fast.
  - Every team will receive their own username and password beforehand. The application works also offline, and the instructions can be read for example during the flight.
- COVID-19 instructions pamphlet
  - printed publication
  - delivered in arrival

## Shopping service

The collaborator of the event organizer is Osuuskauppa Koillismaa, Ruka Sale, which will arrange a shopping service for the teams. The products available can be found at [www.foodie.fi](http://www.foodie.fi), by choosing a shop ("myymälä" in Finnish) Sale Ruka. The orders can be done via email and paid with a bank or credit card when delivered. The orders must be sent a day before the requested delivery. More instructions for the shopping service will be announced later.

## Stadium area and its special arrangements

All teams and group red have their own entrance to stadium area. The stadium area is an closed space and the area is monitored during the whole event.

Maintenance area is assigned to each team and is limited.

The meetings of the team leaders are held online.

Ceremonies are held at the stadium.

More information about special arrangements can be announced later, if necessary.

## Cafeterias and maintenance areas

During the opening times cafeterias serve meal bags and hot drinks. At lunch time it is possible to get a take away soup. It is not possible to dine inside cafeterias. There will be some places for dining nearby cafeterias, but it is recommended to dine at your own maintenance area.

## Social distancing, respirators and hand hygiene

At the event area and accommodation, all participants must be cautious to keep the social distances and use a mask/respirator, when necessary. Respirator must be worn inside at all times, and also outside, when the social distances are less than 2 meters.

At the accreditation everyone will receive a colour coded card. The cards will help to identify the participants of different groups at crossing points. The participants must avoid close contacts between different groups.

The event organizer recommends to use a respirator or a mask. See instructions and recommendations below how to choose a proper mask. Masks and hand sanitizer are sold in several places at the event area. A mask must be sealed to a plastic bag and disposed to a bin immediately after use. (Recommendation of THL, Finnish institute for health and welfare).

## Instructions in case of suspected infection

COVID-19 Event task force will prepare a pamphlet with COVID instructions. The pamphlet is a guide for cases where a COVID infection is suspected. The instructions will help to take into account the persons who have been in close contact with the (suspected) infected. The instructions are also for cases, if someone at the area is tested positive for COVID, or if Koronavilkku-application gives a notification of a possible exposure.

A person, who has COVID-19 symptoms, must obey the following instructions:

1. Isolate yourself immediately
2. Report to the Event task force coordinator immediately by phone
3. Move to the testing area according to the instructions you will receive on the phone.
4. Anyone who has been in contact with the symptomatic person will be asked to self-isolate until such time as the COVID-19 testing results are known
5. The test result is ready in 30 minutes.
6. If the test result is positive, the healthcare authorities will give healthcare instructions for the infected.

Symptoms, which develop after the event:

1. Isolate yourself immediately and follow the instructions of Finnish institute for health and welfare (THL).
2. Get tested for COVID-19 immediately.
3. Ensure The Event task force is notified immediately
4. Report if there are possible contacts who might have been exposed for coronavirus

The recommendations of the event organizers to choose a mask



### **Surgical mask**

Appropriate in most of the circumstances, in close contacts inside or outside.  
Surgical mask protects the user and contacts from spreading the droplets.



### **Respirators**

Protects the user.  
Respirators are classified as FFPE2 and FFPE3.  
This respirator is worn on special circumstances.



### **Cloth masks**

The cloth masks protects the contacts more than the user.  
**The protectiveness of a cloth mask is only 20-30 % compared to 98-99% of a surgical masks efficiency.**  
The clean and used cloth masks must be kept separated, and this might be difficult while carrying both at the event.

Also note, that in every accommodation it is not possible to wash the cloth masks in 90 degrees, which is needed for their cleaning.



**The event organizer does not recommend the usage of a cloth mask for any participating groups. At the local organizing committee (LOC) the use of a cloth mask is strictly prohibited.**

COVID-19 Event task force in Ruka Nordic

The head secretary of the event	Seppo Linjakumpu, seppo.linjakumpu@rukanordic.com
COVID-19 Event task force director	Marika Paananen, marika.paananen@gmail.com
COVID-19 Event coordinator	Tuomi-Tuulia Ervasti, tuomituulia.ervasti@gmail.com
Doctor of Kuusamo city	Marika Käkälä marika.kakela@kuusamo.fi
Foreman of event supervision	assigned later
Foreman of COVID-19 testing group	Medical center Mehiläinen Oy, person assigned later

Questions before the event can be sent to [covid19@rukanordic.com](mailto:covid19@rukanordic.com)

Event coordinator phone + 358 40 8400 656 (available 24h starting from 23.11.2020)