

Contact information

Organiser contact information	
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Website	http://kev.fi/continental-cup
Social media	http://en.rukanordic.com/some/

Offices and their opening hours		Officials	
Race office	Thu 9-12, Fri 12-15 Ski Stadium building, 2 nd floor	FIS Technical Delegate	Franck Salvi (FRA) Jani Hyvaerinen (FIN)
		General Secretary	Seppo Linjakumpu (FIN) +358400706433 seppo.linjakumpu@rukanordic.com
		Chief of Competition	Pekka Tervahartiala (FIN) +358400303044 p.tervahartiala@gmail.com

Event schedule

Event schedule (LOC times)			
18.12.2020	Event	Location	Races
16:00	Team Captains' Meeting	Rukan Hiihtostadion; Hiihtostadionintie 3, 93830 Rukatunturi	
18:00	Training	Ruka HS 142	
19:30	Competition start	Ruka HS 142	18 Dec - COC Men's LH
19.12.2020	Event	Location	Races
11:00	Training	Ruka HS 142	
12:00	Competition start	Ruka HS 142	19 Dec - COC Men's LH
20.12.2020	Event	Location	Races
09:00	Training	Ruka HS 142	
10:00	Competition start	Ruka HS 142	20 Dec - COC Men's LH

COVID-19 PROTOCOL FOR TEAMS, RUKA NORDIC 18th to 20th December 2020

Arrival to Finland

While arriving to Finland, be prepared to present a certificate of a negative Covid-19 test result that is at maximum 72 hours old. This is to be checked together with the travel documents. While flying within Finland, we recommend not to occupy seats next to each other (whenever possible) and to wear a disposable face mask.

Arrival to Kuusamo

In the official LOC transportation it is required to use a disposable face mask. all the time. Wearing the mask throughout the travel you



may avoid a quarantine order of 10 day.

COVID-19 testing in Kuusamo

To enter in the event "bubble", a COVID-19 test is required in Kuusamo. The testing will be conducted in a Drive In testing facility organized by the health care company Mehiläinen. Testing is completed as soon as possible after arrival using an antigen test. Please note, that after testing it is required to follow all the COVID-19 instructions informed by the LOC and the local authorities (summarized in this document).

Testing, schedule and price

Everyone entering the event "bubble is testing against COVID-19 by an antigen test. The tested person / his team is responsible for the costs of testing. In case of a positive antigen test the results is confirmed by a PCR test. The person tested is responsible for the PCR test cost also.

The Drive In testing station is Kuusamo open as follows:

16.12. 10:00 – 16:00

17.12. 9:00 – Closure to be confirmed separately

18.12. 8:00 – 16:00

The teams / athletes arriving late in the evening are tested the next morning. The transportation for the test is organized by the LOC. Please note, that the travel and testing require at minimum 1,5 hours.

Confirmed testing schedule for certain arrival flights:

16.12. OULU 17:30 AY441, testing 17.12. at 8.00 Drive In station Kuusamo, antigen test result available by 14:00.

16.12. KUUSAMO 9:15 AY485, testing right after arrival at Drive In station Kuusamo, antigen test result available by 16:00.

17.12. KUUSAMO 21:20 AY487, testing 18.12. at 8.00 at Drive In station Kuusamo,

antigen test result available by 14.00.

Test prices

Antigen test: EUR 99 and handling fee EUR 15

PCR -test EUR 195 and handling fee EUR 15.

(Courier service for fast track PCR test costs EUR 1500. This is agreed separately in potential cases.)

Testing must be paid during the event at the event office at ski stadium.

After testing

After testing it is required to transfer back to the accommodation to wait for the test result. Training outdoors without close contact to other is allowed. Otherwise you need to stay in your room until the (negative) test result is received. Depending on the time of arrival, there is breakfast/lunch/dinner available in your own room.

Waiting time for the test results

Antigen test max 6 hours

PCR -test, min 48 hours (using the courier service might enable a faster result. This is to be agreed separately).

Actions after the test result

The test result is sent to the tested person's mobile phone within 6 hours of the test. In case you have not received your result within 6 hours, the results can be requested from the COVID-19 officer in duty, phone number + 358 40 8400 656.

Negative antigen test result

After receiving the negative COVID-19 test result the athlete / team member will be accredited at the event office at Ski Stadium.

The office is open on Thu 17th Dec at 12.00 – 16.00 and Fri 18th Dec at 9.00-15:00

At the accreditation / event office, all the athletes / team members fill out the FIS health questionnaire and confirm that they follow all the instructions by the LOC and local health authority. A breach of these rules is followed by a sanction defined in the FIS COVID-19



FIS Continental Cup Men

Ruka (FIN)
18.12.2020 - 20.12.2020



instructions.

Positive antigen test result

In case the antigen test result is positive, the LOC COVID-19 task force contacts the person in question. A special transportation is organized to conduct a PCR test. The person / team is responsible for the costs of transportation and the test.

The timeframe for the PCR test result

PCR -test before 16.12. at 10:30, result by 18.12. at 11.00 .

PCR - test before 17.12. at 10:30, result by 19.12. at 11.00.

PCR - test before 18.12. at 10:30, result by 20.12. at 11.00.