



COVID-19 Prevention Guidelines for Teams for the Ruka Freestyle World Cup competitions on 2.-4. and 10.-11. December 2021

Due to the Worldwide COVID-19 pandemic, the FIS Freestyle World Cups, organized in Ruka on 2.-4. and 10.-11. December 2021, must take place under tight security measures.

Finnish 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. Based on the current regulations published by the Finnish Institute of Health and Welfare and further measures taken by FIS and Ski Sport Finland, as the organizers of the events, we would like to present the following document of measures, published on November 1st 2021, to all participants.

We kindly ask you to forward this information to all team members (athletes, coaches, staff, NSA officials etc.) and FIS officials/employees registering for the events via the FIS platform. By registering for these events, each team member and every FIS official/employee fully confirms and accepts the content of this document of measures for the above-mentioned events.

Basics:

- Take responsibility for your own actions
- Follow hygiene measures (regularly wash your hands and disinfect)
- Show proof of negative PCR test not older than 72 hour and store it to FIS Passport before accreditation
- Answer the health questions on FIS Passport
- In Finland there is no law or recommendation to wear a face mask (mouth – nose protection) at the moment, but lot of people do so, because it is not so long ago when it was mandatory.
- All the staff that are close to the teams will be wearing a face mask.
- We will follow the FIS C-19 guidelines, which means that everybody will have to wear face mask (mouth – nose protection) in the competition area (red zone) all the time!
- Wear a face mask whenever the safety distance of 2 meters cannot be respected and indoors all the time (except in your own room).



Entry regulations for Finland

The Finnish Border Guard has discontinued its internal border controls within the Schengen area. Restrictions are still in place regarding external border traffic from many countries.

It is especially important that you acquaint yourself with these instructions if you are travelling to Finland from outside the Schengen area.

Please note that all persons arriving in Finland are still bound by the obligations stated in the Communicable Diseases Act. Make sure you read the guidelines on the Finnish Boarder Guard web pages regardless of which country or area you are travelling from. Link to the pages:

<https://raja.fi/en/guidelines-for-border-traffic-during-pandemic>

Persons who have received a complete and valid vaccination series may be granted entry into Finland from any country, provided that at least 7 days have passed since the last vaccine dose has been received.

[Check THL: s webpages for a list of covid-19 vaccines accepted in Finland, as well as what kind of vaccination certificate you need.](#)

Guidelines for travel

- Do not travel to the venue with symptoms of COVID-19
- If people close to you have been affected with COVID-19, please contact your superior and refrain from travelling to the event.
- Wear a face mask (Mouth – Nose protection) during your entire travel
- Avoid stops when travelling to the venue
- Avoid contact with other people – especially your own team members



Accreditation

The FIS World Cup Testing Protocol 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 act to the best extent possible to minimize any risk of Covid-19 transmission.

- Every team member officially named by the respective national ski association via the FIS online system and FIS officials/employees, are obliged to **present a negative PCR test not older than 72 hours at the accreditation.**

The PCR test presented needs to be recognized by the health authority of the respective country! For all PCR tests it is necessary to indicate the time of taking the sample and the name of the place.

- The corresponding **PCR test certificate needs to be uploaded to the FIS Passport platform** at least 12 hours prior to collecting accreditation.

. • It is necessary to **fill in the health questionnaire via the FIS Passport** prior to collecting the accreditation and then daily for the duration of the event.

Only after presentation, examination, and documentation of the above-mentioned documents (PCR test and health questionnaire, will the accreditations/bibs be granted.

- Due to the present situation the organizer must limit the number of accredited persons. Please accredit only persons that are really working during the World Cup.
- For FIS official they will receive their accreditation upon arrival from the race office
- Employees of the accreditation/race office wear mouth nose protection and make sure the safe distance of 2 meters is respected. Please co-operate with them.



Event Venue

- Daily health check: Prior to every training session and competition, every team member must fill in the health check via the FIS Passport. This is mandatory for all team members!
- Always keep a safe distance to each other's!
- Stay only in the allocated and marked zones.

- For service providers and media: Please avoid direct contact to sports teams and wear mouth-nose protection. As well as avoid contact with other staff members and members of the press.

- When riding in the chair lift all persons must be of the same team or same working group.

- We allow spectators inside the event venue, but not inside the competition area (red zone), do not mix with the audience!

C-19 Testing in Ruka Ski Resort

Doctor Station Bene, in Ruka Ski Inn Village, offers C-19 PCR testing with the price of 150€/test

Aerial Teams: Test day is Saturday 27. November (the results are ready on Monday 29. by noon)

Mogul Teams: Tests day is Monday 29. November (or Tuesday 30.11. the latest)

2nd week Aerial Test day is Sunday 5. December

Non vaccinated AE athletes, 30. November for the second test required by FIS

Non vaccinated MO athletes 2. December for the second test required by FIS

Please note that the 6th of December is the Independence Day in Finland and since it is a public holiday, lot of services are closed.

- **Book a time for your Team, by calling +358 40 70 77 123**
- Get **personal data forms** from doctor station Bene. There is a mail box outside the door and the forms are there. Have them **filled out for everybody, before going to the test!**
- Payments at the Doctor Station with major credit cards or cash
- Certificates after the results from the Doctor Station



In case of a positive C-19 test result or symptoms

- In the case of Covid-19, the quarantine period in Finland is 10 days. Staying quarantined is a statutory obligation, not voluntary and it is given by the infectious disease authority, not FIS nor the LOC.
- **If you receive a positive test result, call +358 40 86 000 90 number will be working all the time.**
You must follow the given instructions.
- Contact Ruka Sales at sales@ruka.fi, in order to receive an isolation room.
- Persons that have been in contact with the C-19 positive person and are exposed to the virus, will also be put to quarantine.
Note: If you are fully vaccinated or previously infected when exposed, you do not necessarily need to quarantine, but if you get symptoms, go to the test immediately.
- Please note that the quarantine might lengthen your stay in Ruka Finland, in your cost. Make sure you have an insurance for that.

The infectious disease authority provides detailed instructions on quarantine and ending the quarantine.

Covid-19 and communication

- In case of a team member not feeling well or showing COVID-19 symptoms, please inform the Event Task Force Immediately
- Book an appointment for PCR Test
- The LOC will employ measures set out to deal with suspected cases of COVID-19
- There is an isolation room provided near the venue in case you show symptoms.

Event C-19 Task Force:

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- Covid-19 coordinators during the events:
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