

COVID19 instruction for athletes and team leaders Olos FIS Tykkikisat

Welcome to the Olos FIS Tykkikisat Ski race in Muonio! We follow national, regional and local corona guidelines as well as the recommendations of the Ski Association in the competition. We hope that you will follow these instructions so that we can guarantee a safe event for the participants, the public and the staff!

Follow these general guidelines:

- The event follows the face mask recommendation. It is recommended that the face mask is used indoors and in areas and situations where safety distance cannot be maintained.
- Only asymptomatic can participate in the competition.
- Ensure good hand and cough hygiene:
 - Wash your hands with soap (20 s) regularly and always before and after a sport.
 - Use a hand sanitizer when you cannot wash your hands.
 - Cough and sneeze in your upper arm.
 - If you need to mow or spit, do it with a disposable papertowel and wash your hands.
 - Do not touch your eyes, nose or mouth unless you have just washed your hands.
 - Use only your own towels and drinking bottles and encourage the use of your own utensils.
 - Lapland Hotels Olos has plenty of hand washing facilities and hand sanitizer machines in the area.
- Avoid close human contact (including with your team members whenever possible) and maintain a safety distance of at least two meters.
- Download the Corona application to your phone. If the Corona app alerts you to potential exposure, follow the instructions given by the Corona app.

If you have symptoms suggestive of a coronavirus, follow these steps:

Prior to the race, the team must nominate one contact person from among themselves to deal with the accommodation, healthcare and race organizers on behalf of the team if a team member is suspected of having coronavirus. Teams must complete a form in advance with the personal details of the team members and take a passport copy from each member; this is essential information when applying for a corona test. The team keeps the form to themselves.

If participants have even mild symptoms suggestive of coronavirus (cough, sore throat, runny nose, fever, changes in sense of smell, diarrhea), they are asked to apply for the test. Do not go sick to public places.

The test time is booked so that the person with symptoms is in contact with the team contact person. The team contact person is in contact with the Olos hotel reception from where you can call Muonio Health Care Center +358 40 662 4565 (weekdays) or +358 40 714 2845 in the evenings and on weekends. The health care center will provide instructions on how to arrive for testing. If the need for test is before the race weekend contact your accommodation provider and health care center.

Those who have received two coronary vaccinations will be tested based on a doctor's assessment. An asymptomatic person may be tested for a coronavirus if there is reason to suspect exposure to an infection. (Ski Association) After receiving a possible positive result, you will be given instructions by healthcare staff (LSHP 8.10.2021).

During the competition

1. Assignment of competition numbers

We hope that the race numbers will be retrieved in the morning before the start of the race from the race office by teams (one team representative will search for all the race numbers of their own team) taking into account the safety distance. Safety distances must be taken into account when dealing with the race office (one customer at a time; this may cause a bit of a queue, so please reserve enough time for the race number picking situation).

2. The starting area

The starting area is wide and athletes can prepare for the race with safety distances. In the start competition, the athletes will start the competition every 30 seconds. A few athletes will be organized in a queue for the start and the safety distances will be taken into account in the queue. In a sprint race, the start is a joint start and the safety distances are taken into account in the joint start as well as possible. The employees of the competition attach the ponders to the ankles of the competitors. Ponders can be obtained from the tent next to the starting area.

3. The finish area

The Athlete will return his / her race number to the box in the finish area immediately after the performance without any additional human contact. The employees of the competition immediately detach the ponders from the competitor's ankles. Due to the corona pandemic, we exceptionally do not serve warm juice in the finish area.

4. Timing, results and prize ceremony

There is a chronograph in the race area from which the chronograph takes place. Athletes, coaches and the public do not have access in to the car. The results of the competition will be posted online and will be displayed on the screen of the competition. The paper results will be published on a notice board near the Polar Kota doors. We hope that the results will be viewed online or from the screen. If you visit the notice board to see the results, take care of the safety distance.

Book a time for COVID-19 test (Muonio health care center, Pirkantie 11, 99300 Muonio)		
Mon – Fri 8am – 1pm	Mon – Fri 1pm – 9pm	Saturday and Sunday 8am – 9pm
+358 40 662 4565	+358 40 714 2845	+358 40 714 2845

Prices of corona tests at Muonio health care center (ask the price when you book your test time):

- Testing when you cross the Finnish border 0 € (quick test, for everyone)
- non-local Finnish 41.20€ (quick test)
- EU citizen 41.20€ (quick test, you must have your EU health card + passport with you)
- Non-EU citizens + EU citizens without an EU health care card 151€ (quick test)
- PCR tests cost 195€