

# Covid-19 protocol

This protocol describes how the event Obygdshelgen is considering the current pandemic circumstances, and how participants and organisers are expected to act in order to minimize the spread of Covid-19.

The protocol aims for runners and organisers together creating an as safe event as possible. It is very important that everyone attending the event is doing their utmost to follow these guidelines.

## Actions by the organisers

Obygdshelgen is planned with careful considerations regarding the current circumstances by the following actions:

- The competition is organised without an arena or other sites where participants are gathered. Participants are urged to go directly from their car to the start before the race, and directly from the finish/read-out back to their car after the race.
- The participants are free to choose their own starting time to avoid having to wait for a set starting time, hence minimizing the amount of people in the area.
- The competition is spread out over 6 hours split into 3 starting groups, each with a maximum of 200 participants allowed. This further decreases the amount of people in the area.
- All organisers seek to keep a large distance to participants, and wear face masks when the distance is at risk of being less than 2 meters. All organisers that are in close proximity to participants have been vaccinated against Covid-19 with two doses at least one week before the competition.
- The organisers have implemented a risk assessment according to the recommendations from Folkhälsomyndigheten.
- The organisers inform all participants to consider the current circumstances according to this protocol.

## **Actions by the participants**

### *Before the competition*

- Minimise social interactions
- Wash your hands and use hand sanitiser often
- Avoid activities/situations that infer a higher risk of spreading the disease: socialise only with people in your closest circle
- At the first symptoms of Covid-19 - get tested!
- If you had Covid-19, you must have been healthy and symptom free for at least two days
- Don't attend the event if you have the slightest symptoms of disease

### *Travel and accommodation*

- Minimise social interactions
- Wash your hands and use hand sanitiser often
- Avoid activities/situations that infer a higher risk of spreading the disease: socialise only with people in your closest circle
- At the first symptoms of Covid-19 - get tested!
- If you had Covid-19, you must have been healthy and symptom free for at least two days
- Don't attend the event if you have the slightest symptoms of disease

### *During the competition*

- Keep a distance to other participants
- Minimise interactions with other participants
- Act immediately in case of symptoms
- Minimise the number of visits to supermarkets and other stores. Only buy what is necessary for the competition.
- Bring your own hand sanitiser and use it often.
- Use face masks when it is possible

## *After the competition*

- Be extra aware of symptoms the first five days after the event.
- Make sure to minimise your social interactions and avoid socialising with more people than is absolutely necessary.

## *If anyone becomes sick during the event or the following five days*

- If you become sick, you and anyone who has been in close contact with you (travelling and/or sharing accommodation) are isolated as quickly as possible. You will then travel home safely.
- After arriving home, you will remain isolated and everyone experiencing symptoms will take a Covid-19 test.
- If you are experiencing any symptoms within five days after the competition - get tested.
- If you have tested positive for Covid-19, contact [info@obygdshelgen.se](mailto:info@obygdshelgen.se) to inform us. We can then inform other organisers and participants to be extra careful.