

COVID-19 HEALTH PROTOCOL

RADISSON BLU LARNAKA INTERNATIONAL MARATHON 2021

EXECUTION OF THE EVENT

In the context of planning the event of the Radisson Blu Larnaka International Marathon 2021, the Organizing Committee, the Municipality of Larnaka, and the A.A.A.C proceeded to determine the execution of the event on November 21, 2021.

This Health Protocol was drafted to protect all those involved in the event against Covid-19 and is harmonized with the instructions of the Ministry of Health of Cyprus and the Epidemiological Operations Unit.

To the extent that it is deemed necessary and evaluating the epidemiological situation in the coming period and until the execution of the event, the present will be validated according to the instructions and suggestions of experts and based on epidemiological data and suggestions of the Ministry of Health of Cyprus.

REGISTRATION & PARTICIPATION RULES

The right to register and participate in the organization of the Radisson Blu Larnaka International Marathon 2021 is held by persons aged **12 years and over** who possess:

- a) a negative laboratory test (**PCR test**) or rapid antigen detection test (**Rapid test**) for COVID-19 disease with sampling having been performed at least **within 72 hours**, (24 hours preferred), **or**
- (b) a certificate of **completed vaccination against COVID-19; or**
- (c) a certificate of recovery from COVID-19 with a validity of six months from the date of sampling of their initial positive diagnosis.

EVENT DETAILS

The co-organization of the Radisson Blu Larnaka International Marathon with the Municipality of Larnaka will take place on 21.11.2021 and includes the following road races:

ROUTE	START TIME	START LINE	FINISH LINE
MARATHON - 42 KM	07:00	LARNAKA TOWN HALL	LARNAKA TOWN HALL
HALF-MARATHON - 21 KM	07:05	LARNAKA TOWN HALL	LARNAKA TOWN HALL
10 KM RACE	10:15	EUROPE SQUARE	LARNAKA TOWN HALL
INDIVIDUAL AND CORPORATE RACE 5 KM	11:30	EUROPE SQUARE	LARNAKA TOWN HALL
McDonald's TEEN RACE 2,5 KM	12:30	EUROPE SQUARE	LARNAKA TOWN HALL
1KM RACE FOR ADULTS	12:30	EUROPE SQUARE	LARNAKA TOWN HALL

The runners of the race will be distributed in a starting block respecting the rule of 1.5m safe distance between them, in horizontal and vertical directions. The arrangement of the blocks is defined on the start line at the starting point of the race on Athens Avenue with dimensions of 6m wide and 500m long (see runners safe positioning plan).

21.11.21

REGISTRATION CENTRE

For the purposes of the organization of the Radisson Blu Larnaka International Marathon 2021, the participants of the event will have the possibility to receive their bib number and race pack via a courier company.

Athletes who do not wish to receive their race pack via courier as well as athletes from abroad, will have to visit the Registration Centre in order to receive their number and participation package before the race.

The Registration Centre of the event will be hosted in Passengers Hall at Larnaka Port and will operate in accordance with the current Health Protocols of the Ministry of Health and the Ministry of Commerce ("Treatment of Sars-Cov-2 coronavirus in trade fair activities" - <https://www.pio.gov.cy/coronavirus/press/erg69.pdf>) .

Participants can apply individually or through their team leader to collect their bib numbers from Wednesday 17.11.2021 to Sunday 21.11.2021.

The collection of bib numbers and the race pack will take place at the distribution stations which will be different for each race. There will be two collection points for each station to avoid overcrowding.

The distribution stations will be at least 2m apart to the sides and at least 5m apart when facing each other.

In front of each station there will be stickers on the floor indicating the waiting positions for those waiting to collect the event material. These stickers will be placed 2m apart.

The participants will be informed in advance via email about the procedure they will have to follow from the moment they enter the venue and will be required to present a safe pass which will be requested at the entrance. The use of a protective mask during their stay at the Registration Centre will be mandatory.

At the entrance of the Registration Centre there will be a staff member who will monitor the flow of visitors and will temporarily interrupt the entrance if the maximum number of visitors inside the Registration Centre is reached, based on the square metres of the room.

For the bib number and race pack collection, the runners should have:

- a) the confirmation email of their participation,
- b) an ID card or passport; and
- c) **Safe pass** - negative laboratory test (**PCR test**) or rapid antigen detection test (**Rapid test**) for COVID-19 disease with sampling having been performed at least within 72 hours, **or** certificate of completed vaccination for COVID-19 disease, **or** certificate of recovery from COVID-19 disease valid for six months from the sampling date of their initial positive diagnosis.

Otherwise, they will NOT be entitled to collect their bib number and race pack.

HYGIENE RULES

- Volunteers, paid staff and suppliers present in the Registration Centre will wear a protective mask and will have their hands frequently disinfected with antiseptic liquid for the duration of their presence in the areas.
- Antiseptic gel will be available at each distribution station for both volunteers/employees/suppliers and participants/visitors.
- The Registration Centre area will be cleaned at regular intervals during the day and at the end of the day.
- A specific enclosed area will be identified that will be located away from the other areas used by the event, which will be used in the event of a suspected outbreak either among volunteers/employees/suppliers or among participants/visitors/runners.
- There will be health personnel on site, who will also be responsible for the operation of the above isolation area.

SIGNAGE

In all areas of the Registration Centre (inside and outside) there will be signage to remind visitors of the hygiene rules they must follow, as well as the need to follow the physical distance rules (2m) and the instructions of the organisation.

In addition, an email will be sent to all those associated with the event, with the rules of the Registration Centre and the rules that runners must observe on the day of the event and during the race.

SAFE PASS CHECK

1. Those runners who upon receipt of their race pack and their bib number present the certificate of completed vaccination or a certificate of recovery from COVID-19 with a validity of six months, at the Registration Centre, from Wednesday 17/11/2021 until Sunday 21/11/2021, they will receive a special **wristband** which they must wear on race day to be able to enter the race start area.
2. For runners who will pick up their race pack from the Registration Centre from Thursday 18/11/2021 at 14:00 until Sunday 21/11/2021 and provide a negative laboratory test (PCR test) or a rapid antigen detection test (Rapid test) which is within 72 hours, they will receive the special **wristband** to be able to enter the race start area.
3. For the runners who will receive their race pack from the Registration Centre on Sunday 21/11/2021, they will have to present a valid Safe pass (negative laboratory test (PCR test) **or** rapid antigen detection test (Rapid test) within 72 hours **or** the certificate of completed vaccination **or** a certificate of recovery from COVID-19 with a validity of six months) in order to receive the special **wristband** which they will have to wear in order to be able to enter the race start area.
4. Those runners who will choose to receive their race pack through a courier company, must arrive at the venue on the day of the race **at least 1 hour before the start time** to present, at an appropriate point that will be determined by the organization, a valid Safe pass, to receive their special **wristband** and be able to enter the starting area of the race.

*In case an athlete does not wear the special **wristband** then he/she will NOT be able to participate in the race and will NOT be included in the race results.*



BEFORE THE START OF THE RACE

All participants must wear a protective mask from the moment they arrive at the race venue until the start of the race, i.e. until they take their place at the special fixed position markers. For the disposal of the protective mask there will be a large number of bins at appropriate points on the blocks to the start.

The delivery of the participants' clothing (in special bags provided by the organization to all participants) will take place in three different places based on the distance each runner will run and the block he/she has been placed on. It is recommended that runners who wish to do so, warm up individually (running, flexibility exercises, etc.) in the areas behind the start line, avoiding running in groups and avoiding places where there is overcrowding between runners or accompanying persons.

START AREA/STARTING PROCEDURE

The runners of the races will be divided into different blocks, each of which will have a dimension of 450sqm and will include approximately 300 participants. The blocks will be lined up along Athens Avenue.

Each block will be approximately 120m long in order to allow the runners to respect the rule of a physical distance of 1.5m between them, in horizontal and vertical direction. Note that the width of each block is 6m.

When runners enter the starting block, as well as the next block, they will be placed - based on the 1.5m physical distance rule - in specific rows of 4-5 people.

Having previously had a mandatory position/waiting position for the start, runners will start in succession, maintaining the pre-existing distances between them in each direction.

It should be noted that runners will be allocated to the starting blocks based on their performance, thus ensuring a uniform pace of movement for those belonging to a particular starting block, resulting in the least possible overtaking of runners throughout the race and the least possible confusion with other runners, other than those around them.



RACE PROCEDURES DURING THE RACE & AFTER THE FINISH

During the race it is recommended and supervised that all runners maintain their distances and adjust to the following:

- Running side by side is only safe when a safety distance of 2m is maintained between runners.
- Running side by side in a staggered formation (one in front and one behind on the right or left) is only safe when an imaginary lateral distance of 2m is maintained between runners.
- Running in groups with distances between runners shorter than those mentioned above should be avoided.
- Runners shall run wearing a jersey, which under no circumstances may be removed before, during or after the finish until the runners have collected their bag of clothing.
- The timetable of the race and the staggered start of the runners' blocks shall be arranged in such a way as to make it perfectly manageable and controllable for runners to assemble both on the course and at the finish.
- After the finish, runners receive bottled water and isotonic drink from the special food and medal stations. At the same time, they also receive their finish medal. Volunteers staffing the specific food and medal stations supervise the distribution of the products and medal to the runners, placing them on a table from which the runners pick them up themselves, without direct physical contact with the volunteer.
- Finally, the runners are directed to the area where they delivered their clothes and receive the special bag they handed in on arrival.
- Runners are asked to disinfect their hands with antiseptic solution provided at the venue.
- The Award Ceremonies for the first three winners of the race will be held in full compliance with the rules of physical distance and limitation of contact and in the presence of the participating winners only.

21.11.21 TRANSPORTATION

The transportation of the participants, volunteers, employees, judges and all external suppliers, for the purposes of the event both before and after the race, will be carried out in accordance with the Health Protocol of the Ministry of Health and the Ministry of Transport of the Republic of Cyprus concerning passenger transport and will be in force in November 2021.

In cases where event vehicles are used with more than one person, it is essential that drivers/co-drivers and all passengers wear masks and that all passengers will have a valid safe pass.

EVENT'S RACE SUPPORT – ORGANIZING COMMITTEE STAFF

All Organizing Committee staff and volunteers who will be engaged on the day of the race will be fully trained and educated regarding the procedures and regulations of the event as well as the content of this Health Protocol.

All personnel involved in supporting the event will always wear a disposable mask and gloves. The mask and gloves will be changed regularly, as directed by the Ministry of Health.

Bins for the disposal of masks and gloves will be available at all event sites.

Between the support areas of the event and within the medical and care areas, a special isolation area will be provided in the event of a suspected case (one or more) either among participants or among volunteers/employees/suppliers of the event.

The support areas will be cleaned at regular intervals throughout the competition day and will have been extensively disinfected prior to use.

Antiseptic gel will be available at each distribution station for both staff, volunteers, employees, and external suppliers, as well as for participants.

BLOCK RUNNERS' SAFE POSITIONING

ΑΣΦΑΛΗΣ ΔΙΑΤΑΞΗ ΔΡΟΜΕΩΝ ΜΑΡΑΘΩΝΙΟΥ

