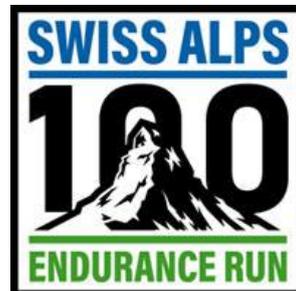


**Schweizerischer Militär-Sanitäts-Verband**  
**Militär-Sanitäts-Verein Oberwallis**



# **Covid19 Protection Concept**

## **Swiss Alps 100**

### **2021**

**Military Medical Association**  
**Oberwallis**

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## 1 Basics

For the implementation of the Swiss Alps 100, we have drawn up a catalog of measures based on the requirements of the “Federal Office of Public Health” (BAG) and after consulting the Health Department of the Canton of Valais to ensure the best possible safety and health of all those involved in our event.

## 2 Introduction

The Swiss Alps 100 can be characterized as follows:

- Takes place in the great outdoors and in public spaces.
- The participants move constantly
- For the most even distribution on the route and at the finish, the participants of the different distances are separated for the starts
- The participants are very close to nature, disciplined and environmentally conscious
- The participants can be given a high degree of personal responsibility

Due to these characters, the Swiss Alps 100 is predestined to be carried out in compliance with the Covid-19 protective measures.

## 3 Overarching Principles

- In the interests of sport and towards the Swiss Alps 100 as well as the entire population, all those present undertake to consistently implement and adhere to the necessary measures in solidarity and with a **high level of personal responsibility**.
- Only those who are completely healthy, have no previous illnesses or disease / Covid-19 symptoms and have not been in contact with sick people are allowed to participate in the event. People at particular risk must observe the specific requirements of the BAG.
- A maximum of 250 people, or 2/3 of the capacity, are allowed inside.
- The **mask requirement** applies in all indoor areas (tents, garages, cars, showers, changing rooms, gym, etc.) and at the check-in.
- When starting outside, a **maximum of 500 people are allowed per start**. Therefore 100km and 50km will have separate start times.

## 4 Health Declaration

All participants, helpers and members of the organization have to confirm that they have not had any contact with infected COVID-19 people within the last 10 days before the event. It must also be confirmed that there are no typical acute respiratory diseases (e.g. cough, sore throat, shortness of breath), fever, muscle pain or sudden anosmia or ageusia (loss of the sense of smell or taste). Accompanying persons are also only allowed to arrive if the symptoms mentioned do not apply.

**Those who do not feel healthy stay away from the event!!**



## **5 Protective Measures Organization**

The members of the organization and the helpers wear a protective mask and, if necessary, gloves indoors (touching objects belonging to the participants, contact with food). Hand disinfectants are available wherever needed. The check in / out are set up and marked with the necessary distance rules. A mask is required at check-in and a distance of 1.5m in the queue.

Upon arrival, everyone must confirm in writing that he / she has no symptoms of the disease and has not had any contact with a sick person.

## **6 Arrival and Departure**

When traveling by public transport, the corresponding precautionary measures of the respective transport company must be observed. The operators are responsible for determining protective measures in public transport.

## **7 Issue of Start Numbers**

The start numbers will be handed in at the check-in upon submission of the signed declaration of participation. A special zone has been set up for this purpose, in which the necessary distances are maintained. Those who help with the issue of start numbers always wear a protective mask.

When issuing the start number, every competitor must confirm in writing that he / she does not show any symptoms of illness and has not had any contact with a sick person.

## **8 Start Procedures with max. 500 Runners**

The general hygiene regulations apply in all areas of the event. Runners may enter the starting area without a protective mask. A maximum of 500 runners are allowed to start at the same time (distance between the different starts at least 30 minutes). The spectator area is separated from the runners at a distance. Hand disinfectant dispensers are provided by the organizer.

The starting area is generously designed so that distance can still be granted. The runners are only allowed to enter the start / finish area 25 minutes before the start and are asked to come as late as possible.



## **9 Course and Refreshment Station**

The organizers and the helpers always wear a protective mask in the indoor areas (tents, garages, cars, showers, changing rooms, gymnasium, etc.) and at the check-in and regularly disinfect their hands.

Tables and utensils will be cleaned or disinfected in accordance with hygiene regulations, and hand disinfectants will also be available at the refreshment points for helpers and participants.

The beverage canisters are only used by the helpers. Food is only touched with freshly disinfected hands or gloves and placed on the table at a sufficient distance so that you can only grab your own piece.

It is recommended that the participants have enough drinks and food with them at all times. There are rubbish bins at all refreshment points. Littering outside the refreshment areas is strictly prohibited.

Before the event, the meal plan with the offer and the location of the items will be published on the Internet. The organizer can adjust the refreshment points at any time and without prior notice.

When a participant or the helpers are transported back, a mask is always worn in the car and as few people as possible are carried.

## **10 Start / Finish Area**

There is no supporting program and no award ceremonies at the finish. The medals are distributed immediately after arrival at the finish, so that there can be no accumulations.

## **11 Showers / Cloakrooms**

We recommend showering in your own accommodation wherever possible. However, showers, cloakrooms and toilets are available. These are equipped with hand and surface disinfectants. After each use, everyone must briefly disinfect the surfaces themselves.

## **12 Banquet**

There will be no exhibitor location. There will be a take-away offer and outdoor seating for the runners and those helping out. It may only be consumed outdoors and with sufficient distance!

## **13 Spectators**

Spectators are encouraged to wear a mask indoors and to adhere to the hygiene and distance regulations of the BAG during the entire event. In the public area along the route, the maximum permitted number for spontaneous meetings (50 people) applies in compliance with the distance and hygiene regulations of the BAG. For this it appeals to the personal responsibility. Spectators are responsible for compliance with the protective measures of the BAG.

## **14 Information**

The Swiss Alps 100 puts up posters and information boards about the applicable rules and precautionary measures. The participants, helpers and other people involved in the organization receive instructions in advance with the applicable protective measures.

## **15 Responsibility**

The organizer is responsible for issuing and implementing the event-specific protection concept. Participants, helpers, spectators, media workers, sponsors and partners act on their own responsibility and in solidarity, towards themselves and all other participants as well as the event and consistently implement the protection concept.

**Federal Council eases measures against the coronavirus**

23.06.2021

From 26 June, the following applies:

	 Clubs and discos open		<b>COVID certificate</b> Compulsory: clubs, discos and large-scale events Voluntary: smaller events, sporting, cultural and leisure facilities, restaurants
	 Water parks open		
	 Working from home a recommendation not a requirement		
	<b>Events</b>		Without certificate, but with seating requirement Max. 1000 people
	 With certificate No restrictions		Without certificate, no seating requirement Outdoors: max. 500 people Indoors: max. 250 people
	<b>Requirement to wear masks</b>		Relaxed in the workplace (employer decides)
	 Lifted outdoors		Relaxed at upper secondary and vocational schools (cantons decide)
	<b>Restaurants</b> Outdoors: no restrictions Indoors: contact details from one person per group		<b>Sporting and cultural activities</b> Outdoors: no restrictions Indoors: contact details Choir performances also allowed indoors
<b>Still applicable:</b> 	Requirement to wear masks indoors: at events without a COVID certificate requirement, in restaurants and shops and on public transport		Private gatherings of up to 30 people (outdoors: 50 people)
			Recommendation: Get yourself vaccinated!

 Schweizerische Eidgenossenschaft  
Confédération suisse  
Confederazione Svizzera  
Confederaziun svizra  
Swiss Confederation

 Bundesrat  
Conseil fédéral  
Consiglio federale  
Cussegl federal  
Federal Council

The final regulations will be available online from July 1, 2021 at <https://www.swissalps100.com> and will also be sent to all participants by email in good time before the event.

**This section must be signed by all participants when the start number is issued. Without this signed form there is no race number!**

I have read and understood the hygiene and protection concept.

I undertake to comply with the applicable rules at all times. With my signature, I expressly declare that I have not had any contact with infected people in the last 10 days and that I have been healthy and symptom-free for 10 days.

First and Last Name: \_\_\_\_\_

Cell Phone Number (Important)

Bib

\_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_ Signed: \_\_\_\_\_