



VUOKATTI SPORT

BECOME A CHAMPION



26th Feb 2021

CODE OF CONDUCT DURING THE WORLD PARA NORDIC SKIING EVENT VUOKATTI 14TH TO 27TH MARCH 2021

The purpose of these instructions is to ensure a safe and successful event at Vuokatti and to give all the participants practical advices how to prevent risks of getting Covid-19 infection.

1. Travelling to Finland

- You have to have a document of negative PCR-test result (< 48 h) upon departure to Finland or
- You have to have a document that you have had Covid-19 earlier.
- Use mask all the way during the trip to Vuokatti
- At the plane / in the bus arrange sitting order so that those who will accommodate to the same apartments sit closer together. If it's possible have an empty seat between each other.
- Save boarding pass and remember seat number in the bus; this will help in tracing in case of a positive test result appears at Vuokatti.

2. Arriving to Vuokatti

- All the participants will have PCR-test on 15th or 16th March at Vuokatti. LOC will inform teams about testing slots. Tests will carried out at the sport complex called "Vuokattihalli".
- Have a passport with you and wear mask when you arrive to test.
- Inform LOC (with relevant documents) if you have had a positive Covid-19 test or have had Covid-19 disease during the past 6 months (15th October 2020 ->). It excludes testing at Vuokatti.
- Until PCR has taken and the test result confirmed each individuals have to be in quarantine. Normally results are ready within 24h.
- The price of PCR-test is 200 € including a certificate.



3. Quarantine rules:

- no entry for public spaces (reception, cafeteria, sport hall, gym, restaurants etc.)
- always wear mask indoors and outdoors (except skiing)
- meals: respect your team's slots for dining (meal times, designed cabinets and entries to these)
- no right to visit any shops.
- a possibility to ski / train outdoor, keep distant.
- for service team it's possible to work at wax cabin (4 pers max / cabin, everybody must wear mask)

4. After a negative test result:

- wear mask as much as possible, everywhere.
- a mask is mandatory always when you are indoor, except when you are eating on your place.
- it is possible to visit shops within a small group 1-2 pers.
- keep distant, take care of hygienic, stay healthy.

5. In case of a positive test result

- Infected person will isolate immediately.
 - o closer research for "old case" / "disease". Documents needed!
 - o take-away meals; team staff responsible
 - o isolation takes min 10 days. It's a must to follow orders given by the LOC and regional health authorities.
 - o avoid all the contacts to the other people.
 - o in case of sickness, contact hospital at Kajaani.
- Exposed persons
 - o tracing of exposed people will done by LOC & regional health authorities.
 - o exposed people will set into the quarantine by regional health authorities.
 - take-away meals
 - possible to ski/train outdoors alone
 - avoid all the contacts to the others
 - the length of quarantine is min 14 days

6. Antigen test during the event

- LOC will inform the date and time for this test for each team.
- Test results in app 1 hour.
- if needed additional PCR-sample will be used to confirm /exclude positive Antigen proof.
- price is 100 e / test including a certificate



7. Departure testing

- Each team is responsible to find out if any (and what kind of) test is needed to travel back home.
- for example Departure PCR-test taken in Vuokatti on Thursday 25th -> test result ready and a certificate printed out on Saturday 27th

8. TCM`s and race office

- Online TCM`s only
- No printed start lists
- WhatsApp will be used for communication and race info.

9. Restaurant

- Detailed plan for dining will be prepared and provided to teams upon arrival.
- Within the team don't mix with the tested and not tested people (also same for accommodation if you have late arrivals to Vuokatti)

Jyri Pelkonen
Covid-19 coordinator