

PYHÄ – SBX TEAM INFO & GUIDELINES

CROSSCAMP 1.-10.1.2021

WPSB WORLD CUP 12.-13.2.2021

1. TRAVELING TO FINLAND & PYHÄ
 - 1.1. BORDER CONTROL DOCUMENTS
 - 1.2. TRANSPORTATION BETWEEN ROVANIEMI AND PYHÄ
2. COVID TESTING UPON ARRIVAL TO PYHÄ
 - 2.1. COVID TESTING AT PYHÄ
 - 2.2. IN CASE TEAM MEMBER GETS CORONA VIRUS SYMPTOMS
3. ACCOMMODATION
4. SOCIAL DISTANCING
5. FOOD AND BEVERAGE SERVICES
 - 5.1. RESTAURANTS & TAKE-AWAY
 - 5.2. GROCERY STORE / PYHÄ K-MARKET
6. GYM
7. WAXING CABINETS
8. SBX TRAINING ON-COURSE
9. TEAM CAPTAIN MEETINGS
10. CONTACTS
11. SLOPE REGULATIONS (SKI.FI)

1. TRAVELING TO FINLAND & PYHÄ

1.1 BORDER CONTROL DOCUMENTS

Finnish border authorities demand following info before arriving to Finland :

- Team official name
- Full names, dates of birth, passport numbers
- Function in the team: athlete / coach / physio etc
- Date of arrival to Finland - flight details
- Date of departure from Finland - flight details

Pyhä needs this team-specific information sent to sales@pyha.fi

no later than 72 hours before departing to Finnish border.

1.2 TRANSPORTATION BETWEEN ROVANIEMI AND PYHÄ

Group arrives at Rovaniemi Airport

For each group we suggest to book private transportation in advance via PyhäBooking sales office.

Local transportation companies commit to your safety:

- driver wears face mask
- bus is disinfected before each group
- disinfection liquid available in the bus

We suggest you wear the face mask all the way from airport to the resort and back.

In case you don't have one, you can purchase mask from the driver.

Before arrival we provide you with current recommendations of Finnish Institute of Health and Welfare.

You can also check them out in English: <https://thl.fi/en/web/thlfi-en>

2. COVID TESTING UPON ARRIVAL TO PYHÄ

According to Finnish Institute of Health and Welfare, starting from 1 October 2020, you can shorten a voluntary quarantine by taking two voluntary tests.

If you have a negative coronavirus test certificate that is no more than 72 hours old at the time of your arrival in Finland, do not take another coronavirus test until at least 72 hours after your arrival.

If the result of this second test is negative, you can stop your self-quarantine.

If you do not have a certificate of a negative coronavirus test from less than 72 hours before, we recommend that you self-quarantine regardless of the length of your stay in Finland. You can shorten the quarantine by getting a coronavirus test as soon as you arrive in Finland and a second test 72 hours after the first test at the earliest.

If the result of both tests is negative, you can stop your self-quarantine.

When waiting for the test results, stay in voluntary quarantine in your accommodation.

[Due to new Covid-19 safety rules, teams/riders are NOT allowed to use ski-lift and/or enter the slopes during this waiting and quarantine period.](#)

2.1 COVID TESTING AT PYHÄ

Doctors office Bene Finland - Covid testing place at Pyhä Skiresort is situated right opposite Hotel Pyhätunturi.

When you arrive to Pyhä, please contact your Pyhäbooking contact person to make an appointment for the team.

Test must be done minimum 72 hours after arriving to Finland.

Antigen Test costs 75,00 eur/person.

When you come for the test you must have the personal information form filled and with you.

Please wait outside of the doctors office, nurse will come and take you in.

After the test please wait outside in the glass space room (separate covid sample taking room).

Result will be ready in 15 min after taking the test.

If test is negative, you can make payment by card or in cash at the Bene front desk.

If test is positive, Bene nurse will give you further instructions how to proceed (second PCR-test in local hospital).

In case you need to do the test before leaving Pyhä for the next competition/enter other country, please find out test requirements of the destination country.

If you need the test, please book your time from Bene in advance.

PCR-test costs 70,00 eur/person

Bene Finland

www.benefinlandia.fi

Kultakeronkatu 21

98530 PYHÄTUNTURI

Tel. +358 40 123 9923

2.2 IN CASE TEAM MEMBER GETS CORONA VIRUS SYMPTOMS

In case team member gets corona virus symptoms, we ask team manager / coach to get in touch with Pelkosenniemi health center:

phone +358 40 563 8131 (mon-fri 8-13:30)

phone +358 40 128 5295 (mon-sun 8-16:00)

Also let your Pyhäbooking contact sales person know the situation phone +358 8 8600 400)

PyhäBooking will have to arrange separate accommodation for the infected team member and to find out all the possible contacts the person in question has had. Accommodation is to be paid by the person (team) who is in isolation.

We ask teams to keep documented track of all the contacts outside the own team during the camp. We also strongly recommend the teams coaches to make sure that all the contacts outside of the team are minimized.

Please note, that we have to co-operate with local health authorities in case of covid-positive tested appear. We will have to give privacy data to the authorities to track all the people possibly infected.

3. ACCOMMODATION

Accommodation at PyhäSuite and PyhäLinna

Before arrival team manager / head coach will receive apartment numbers and door-codes. There is no need to visit reception for check-in at this point.

Please inform your arrival time with Ski-Inn reception so that the door-codes are set for correct time.

Hotel Reception is open daily from 8 am till 9 pm: info@pyha.fi / phone +358 8 8600 500

At the Hotel Pyhätunturi

If you have booked a hotel rooms for your team, please send only one person to reception to do the check in.

Meanwhile the others can wait at lobby or in the restaurant if lobby is crowded.

Public spaces (lobby, front desks, hallways) which are high-touch points, are regularly cleaned according to the Finnish Institute for Health and welfare (thl.fi) regulations.

Disinfection tools are stationed in all public areas to allow our guests to easily sanitize their hands.

Each client has an electronic door-code as a key to their apartment.

Code panels are frequently cleaned by the cleaning staff of the hotel.

Cleaning

Cleaning in the Ski-Inn accommodation facilities is provided by SOL, professional cleaning company which monitors and acts according to the instructions of the Finnish Institute for Health and Welfare on a daily basis. SOL obtain up-to-date information from the authorities and persons in charge in the health care sector. They provide their entire personnel with the instructions of our occupational health services in Finnish, Swedish and English.

Additionally to basic high hygienic cleaning SOL executes intensive wiping of surfaces in Ski-Inn buildings. Cleaning tools are changed after every final cleaning of the apartment. SOL personnel is instructed to wash hands always before moving from cleaned apartment to the one to be cleaned next. Cleaning ordered while accommodation still lasts will be performed when guest is absent from the room.

Special attention is paid to high-touch surfaces in public spaces such as door handles and elevator buttons – these places are wiped daily.

4. SOCIAL DISTANCING

Depending on the situation staff will wear face mask (Front desk staff will stay behind the plexiglass without masks) to ensure the health and safety of guests and employees.

However we follow current suggestions of Finnish Institute for Health and welfare (thl.fi).

The minimum distance of 1 meter is suggested to employees and guests to keep.

5. FOOD AND BEVERAGE SERVICES

All the Ski-inn apartments have well-equipped kitchen, there are good possibilities to cook meals in the apartments.

Local restaurants are happy to deliver take-away portions without personal contact.

Please contact PyhäBooking for more information.

5.1 RESTAURANTS & TAKE-AWAY

Restaurant Colorado can have separate spaces for training groups for breakfast, lunch and dinner (min. 20 people). All these meals are served as buffet.

Plated meals can be ordered with extra cost (5€/person).

Take away is possible without extra cost.

You can order delivery to your apartment, lunch is delivered 12:00-13:00, dinner 17:00-18:00. Please contact elli.rossi@ravintola.fi for more info of ordering and payments.

Take away orders must be placed at latest two days before.

At restaurant tables etc. are cleaned and disinfected actively and hand sanitizer is available in various places.

5.2 GROCERY STORE / Pyhä K-Market

Local grocery shop K-Market is happy to organize grocery delivery for the teams (PyhäSuites and Pyhälinna customers), during the initial 72h quarantine.

Please consider this service when planning your arrival to Pyhä: keep in mind that you come straight from airport to the accommodation. You can send order directly to K-Market e-mail address. Please mark to our order what food / drink and how many units you would like to buy, also your apartment number and contact for delivery.

Minimum 1 time purchase is 30 eur, minimum collection fee is 6 eur and delivery is 6 eur.

If possible, please order 3 days before the first delivery

According to finnish law we are not allowed to deliver alcohol to the rooms

Team orders should come from one and same team leader by e-mail. In the e-mail you can agree metod of delivery

Payment for the goods with cash / card

Please send your orders to: pyhantahti@k-market.com

6. GYM

In order to minimize the risks of infection, during crosscamp and training period we make timetable with 2 hours slots for team training.

20 persons max for each slot.

Cleaning is performed twice a day, every morning and afternoon.

Training slots will be shared latest at the Team captain meeting.

Team members have to clean training equipment after use, necessary sanitation tools will be available in the gym.

We suggest you bring your own yoga mats and resistance bands.

If your team is smaller than 20 persons, your team will possibly be put together with other team of smaller size.

Please respect 1 m distance and hygiene suggestions.

We suggest teams take shower in their own apartments to avoid spending time in publicly used spaces.

7. WAXING CABINETS

Waxing cabinet locations and time slots will be shared latest at the Team captain meeting

8. SBX TRAINING ON-COURSE

SBX course training groups and time slots will be decided at TC meeting

Please inform your team riders to stay on own training group and follow social distancing rules especially at start section and finish area

9. TEAM CAPTAIN MEETINGS

TC meetings will be held daily after the training sessions.

We will use either whatsapp group and/or Teams meetings.

Links to meetings will be delivered to TC's / team contact persons

10. CONTACTS

PYHÄTUNTURI OY / PYHÄBOOKING

+358 8 8600 400 / Sales@pyha.fi

CROSSCAMP & WORLD CUP OC

Mika Andersson +358 50 518 6440

MEDICAL SERVICES

Bene Finland - Tel. +358 40 123 9923

More information:

Finnish Health and Welfare Institute: www.thl.fi

Finnish Border Authorities: www.raja.fi

10. SLOPE REGULATIONS (SKI.FI)

Finnish Ski Areas Association guidance for the public on use of Ski resorts outdoor facilities – effective October 3, 2020

- Only come to the slopes healthy.
- Wash hands regularly and encourage respiratory hygiene/cough etiquette.
- Use disposable tissues and facemasks and discard after use.
- Purchase your tickets online in advance if possible.
- Use contactless payment method whenever possible.
- Follow social distancing rules. If you are unable to keep adequate distance, wear a face covering.
- Carpet lifts: Follow social distancing rules.
- T-bar lifts: Use alone or with members of your household/support bubble.
- Using chairlifts, if not travelling with a member of your household/support bubble, follow social distancing rules (leave an empty seat) or use face covering.
- Gondola: Use face covering or only enter with members of your household/support bubble.
- Download 'Koronavilkku' application to your phone.
- Be responsible, follow the ski rules of conduct, and any instructions given by the staff.

Finnish Ski Areas Association guidance for the public on use of Ski resorts indoor facilities – effective October 3, 2020

- Only come to the slopes healthy .
- Keep a safe distance to anyone outside your household/support bubble.
- Wash hands regularly and encourage respiratory hygiene/cough etiquette.
- Use disposable tissues and facemasks and discard after use.
- Purchase your tickets online in advance if possible.
- Use contactless payment method whenever possible.
- It is recommended to wear face covering in enclosed spaces.
- Download 'Koronavilkku' application to your phone.
- Be responsible, follow the ski rules of conduct, and any instructions given by the staff.