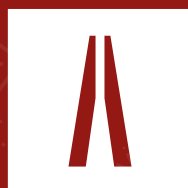


# PROTOCOL COVID-19

Volcano UltraMarathon  
Costa Rica 2021



JIMBEE VOLCANO  
ULTRA MARATHON  
COSTA RICA 2021

*So far, it has been a challenging year for everyone. This makes us personally extremely RESILIENCE that has many parallels to the sport we love. Long days and nights in mountains, deserts or jungles around the world, with ups and downs, disappointments and constant challenges to overcome, but we still have a greater challenge that we must overcome together.*

*While I am planning this COVID PROTOCOL for the first adventure that awaits us, (Volcano UltraMarathon CostaRica, Volcano 100millas, Volcano TrailMarathon) I think about the last months, where we dedicate a lot of time and care in all the protocols that we will carry out and provide for the safe production of our events. What we have learned now will lead us to apply safe plans for our series of events now and in the future, events planned so that you live, we live authentic remains without thinking about anything else.*

*We are working with service agencies, logistics teams, institutions and other local communities to safely readjust how endurance events, both running and in camp, will take place in the near future.*

*We know this will require additional work and sacrifice on the part of many to return to normal endurance events, but we are committed to giving you the biggest and safest challenge.*

*Andrés Lledo*

Technical support  
Jimbee Volcano Extreme Races







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## COVID MEASURES



### Use of hydroalcoholic gel

Mandatory use of gel at the entrance and exit of the camps. In the displacements and refreshments.



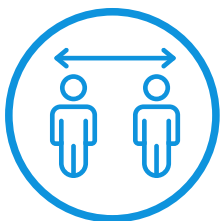
### Temperature control

Temperature controls at different points of the race and at the entrances and exits of the camps. If there is a temperature higher than 38°, the organization may immobilize the runner and assess the proof of a Test.



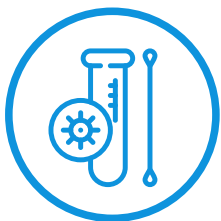
### Mandatory use of masks

The use of the mask will be mandatory at all times, except during the race periods. This will be mandatory within the material that they must carry in the race.



### Safety distances

Safety distances will be maintained at all times. In the camps, the tents will maintain a minimum distance between them of 1.5m. Departures will be staggered.



### Antigen test

Each runner will access the enabled tent where an antigen test will be carried out following the indications of the organization.

## **WHAT IS COVID-19?**

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. COVID-19 is now a pandemic seriously affecting many countries globally because of its high transmission rate and impact on healthcare systems. Stringent public health measures have been required to control the spread of the virus.

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## **KEY PRINCIPLES SUPPORTING THESE STANDARD OPERATING GUIDELINES**

The checklist recommendations provided in this document are based on the latest international advice from the World Health Organization. The following key principles support all the standard operation guidelines in the checklist throughout this document.

### **1. FACE MASKS**

WHO recommends face masks should be worn by the general public. “where there is widespread transmission and physical distancing is difficult, such as on public transport, in shops or in other confined or crowded environments.”

It would be reasonable to judge that event staff working in busy and restricted spaces (such as registration, an aid station and/or the start/finish), and where physical distancing may be difficult should wear face masks. If face masks are issued to event staff, it is the responsibility of the race organizer to ensure that appropriate training is provided.

Likewise event participants attending areas where physical distancing is difficult to maintain should wear face masks. Race organizers may wish to mandate that participants arrive at the event with their own face mask.

However, we do not suggest that face masks should be a substitute for physical distancing measures at any stage of the event e.g. a crowded start area. Guidance from the European Centre for Disease Prevention and Control reinforces this advice, “It should be emphasized that use of face masks in the community should be considered only as a complementary measure and not as a replacement of the core preventive measures that are recommended to reduce community transmission including physical distancing, ... respiratory etiquette, meticulous hand hygiene and avoiding touching the face, nose, eyes and mouth.”

### **2. PHYSICAL DISTANCING**

WHO recommends a minimum one meter physical distance between individuals. The latest research funded by the WHO and published by The Lancet in June 2020 states that, “... current policies of at least 1m physical distancing are probably associated with a large reduction in infection, and that distances of 2m might be more effective, as implemented in some countries.”

WHO states that, “Physical distancing helps limit the spread of COVID-19. This means we keep a distance of at least 1m from each other and avoid spending time in crowded places or in groups.”



### **3. HAND WASH**

WHO recommends that you should, "Wash hands with soap and water when hands are visibly dirty ..." and use sanitizing gel for hand washing when, "... hands are not visibly dirty."

### **Lista general PRE EVENTO**

#### **PRE EVENT general list**

1. "COVID FREE" zones will be established where runners will have the obligation to respect and not leave without the authorization of a staff member.
2. Hand washing and disinfection points will be established, both at the exit, entrance and exit of the camps and the finish line.
3. The use of the toilets will always be in those marked by the organization.
4. Meetings and race Briefing will be held maintaining safety distances and always with the obligation to use a mask.
5. Mandatory displacements will be carried out maintaining distance between seats and accompanied by an authorized member of the Staff within the Covid Free bubble.
6. All companions and / or sponsors who want to be in the venue must pass a test with a negative result, or show it with a minimum date of 72 hours.

The presentation of a negative test for each participant, PCR test or Antigens, is established as mandatory. It must be valid for a maximum of 72 hours and must be presented at the medical control that will be established upon the arrival of the runners. This test will serve both organizations, public and private organizations that may request it.

### **TEST PROTOCOL REALIZATION**

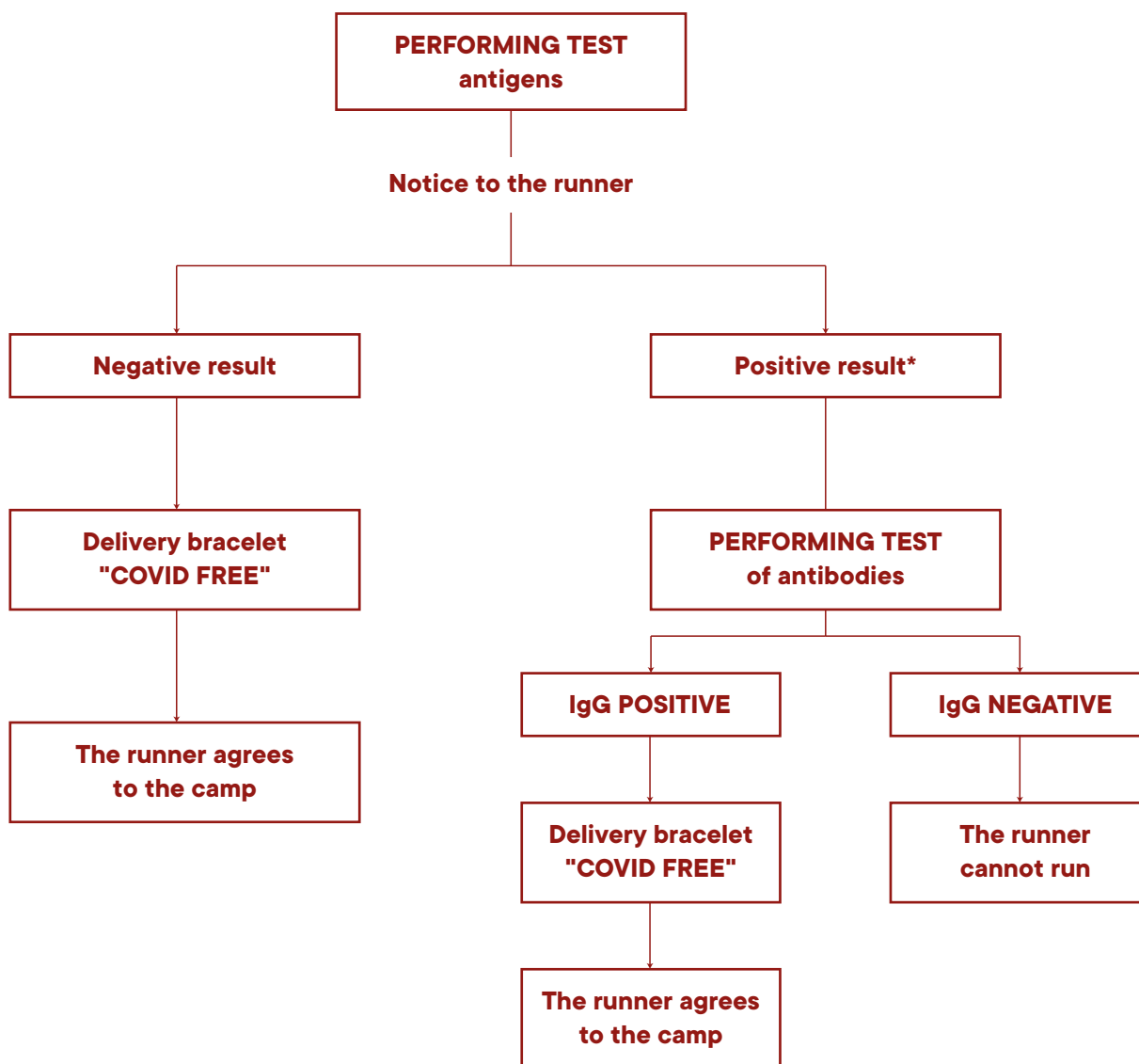
The organisation has prepared a Covid protocol upon the runners' arrival after transfer from the airport. The runners will be transferred to the start camp, instead of the night in a hotel, so as to minimise contacts until the antigen test has been done. This test will be conducted by medical personnel in the area set up for that purpose, and it will be done according to race number. Each runner will be placed in a zone depending on their race number, maintaining social distancing.

If the test result is negative, the participant will be given a green wristband to identify them as COVID FREE (which they must wear throughout the whole race) and they will then go to the camp and their assigned tent.

If the test result is positive an antibody test will be done. The antibody test recognises IgM and IgG immunoglobulins that have been generated specifically against the coronavirus. Depending on the results of this test:

- If the result is IgG positive: the participant is not contagious. They will be given a green wristband to identify them as COVID FREE (which they must wear throughout the whole race) and they will then go to the camp and their assigned tent.
- If the result is IgG negative: the participant will not be able to run because they could be contagious. The doctor in charge will tell the participant their result along with a person from the organisation. In line with the medical criteria, they may or may not be advised to visit a health centre to conduct a PCR test.

During the days of the race (26th March to 5th April) all of the groups involved in the race – participants, staff, assistance personnel, medical services, etc. – will have their temperature taken twice a day (upon departure and arrival).





Anyone with a temperature above 38° will take a rapid antigen test to rule out the possibility of positive SARS-COV-2. Equally, any person who has had contact with the symptomatic person in the camp must take a rapid test. If the result of the test is negative they will be able to continue participating in the event. If the result is positive, and following the medical criteria and symptoms present, the participant will have to quit the race and follow the recommendations of the health personnel. The organisation's head doctor will give due notification of all positive cases.

At the end of the race, all runners will have to take another test before getting on the bus to the final hotel. In the event of a positive test, the measures will be taken as detailed above.

### **ACCESS AND CONTACTS PROTOCOL**

The organization has implemented a control of participants through their COVID FREE bracelet in which the following will be carried out by means of a QR:

1. Initial check-in of the event: the runners will be accredited through the information on this bracelet that will be validated in the initial control, avoiding the movement of physical information.
2. Personal information: the user will be able to access the app from their device and consult the race information: times, penalties, rider information, private messages, ...
3. This bracelet must be worn throughout the event
4. Medical information

In this way we reduce contact with runners and staff only to what is necessary and incorporate a new format to the event.

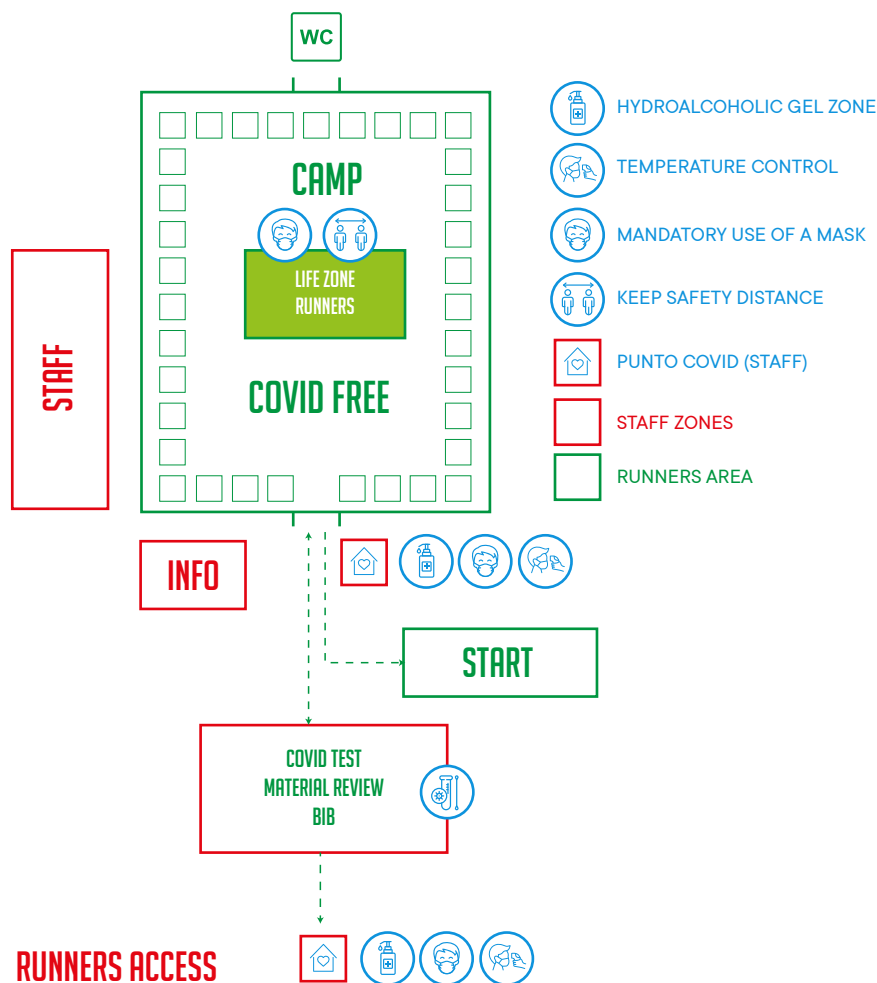


## CAMP PROTOCOL

Being a multi-stage event, the organization has prepared a standard camp setup that will be adapted to each location and always maintaining the following structure.

Due to the exceptional situation, all runners will keep runners in a COVID FREE bubble from which they cannot exit without prior authorization. The runners will have everything they need in the spacious camp: WC, LIVING AREA (HOT WATER, TABLES, CHAIRS, CLEAN POINT. Tents for individual use will be identified with the bib number, always the same for each runner. They will have a separation of at least 1.5m in each one of them. Access to the camp will always be through the same place, passing through the COVID point with hydroalcoholic gel and temperature control. In the camp it will be mandatory to use a mask and Maintain the safety distance as far as possible TO ACCESS THIS BUBBLE, A NEGATIVE TEST WILL BE NECESSARY AT THE INITIAL CHECKIN.

The departure from the camp to each stage will always be done by a single route, passing through the COVID point and with access to the private departure area.



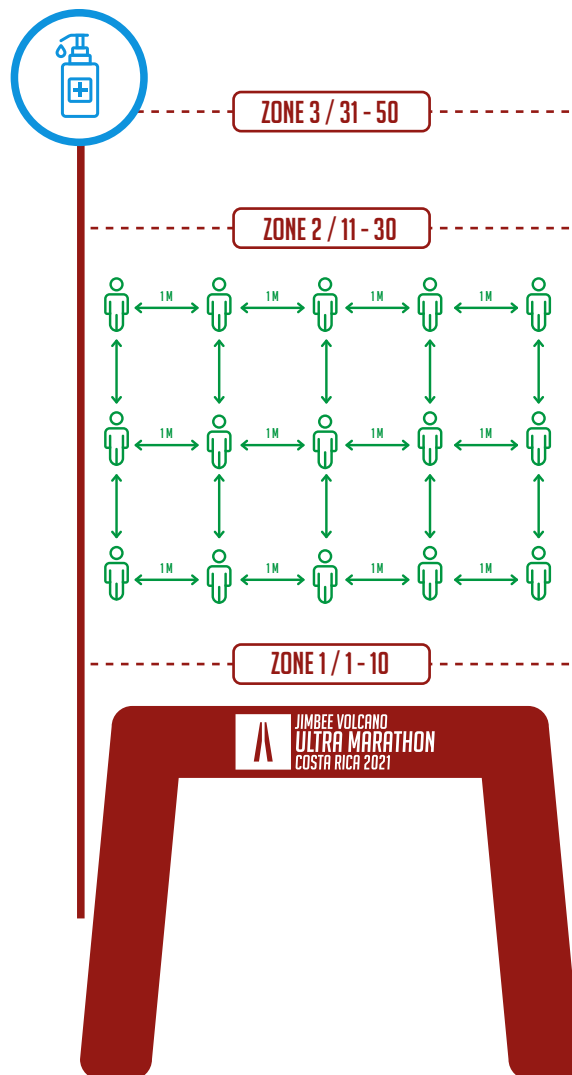


If an athlete needs a COVID test to return home, if it is a requirement to re-enter their home country, the organisation will have tests available; we will provide information as to who will bear the costs of these at a later date.

In case of not being able to take the exit, the participant has to cover the expenses of accommodation and transfer to his address (in the case of internationals until the day set for your return). Your registration will be kept for the next edition. All cases that are positive will be duly reported by the medical officer responsible for preparing the tests to the relevant body.

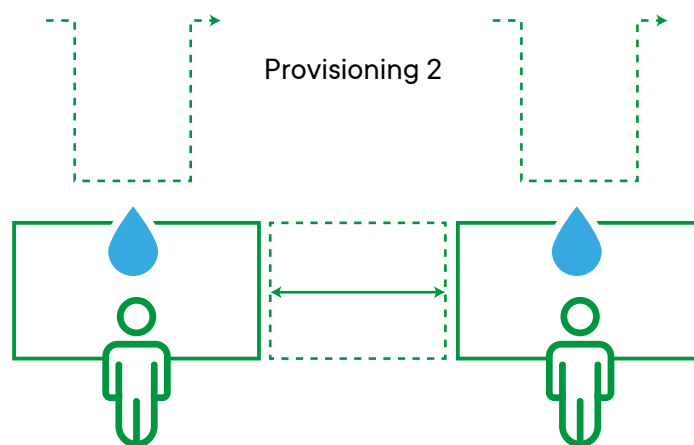
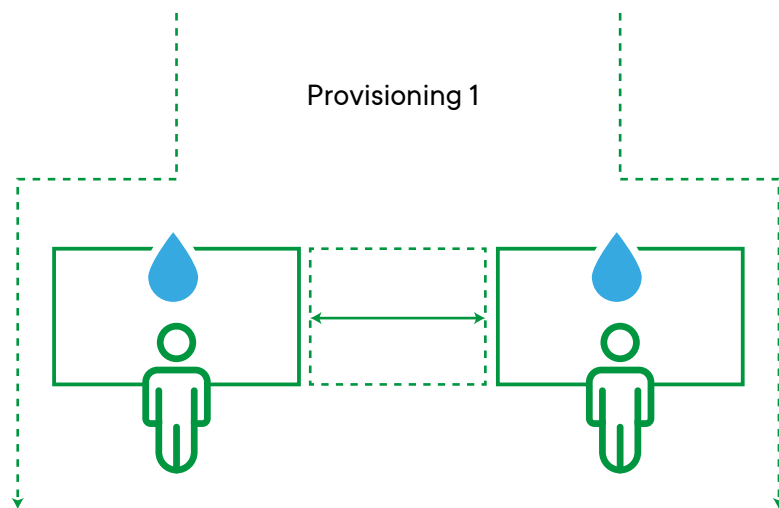
## OUTPUT PROTOCOL

The starts will be made in starting windows by zones, so that the runners are distributed by position in the classification. In the first stage, this will be defined according to the bib number. Maintaining physical distance in the starting area is key. Use markings on the ground. See the graph below. Access to the area will be restricted to runners only.



## REFRESHMENT PROTOCOL

1. Direct contact between runners and collaborators should be avoided with a provisioning provision in which there is always a table between them. (See illustration below).
2. Each refreshment station will be signposted 50/100 meters before so that no groupings are made.
3. Each refreshment station will have hydroalcoholic gel for the runners.
4. At medical assistance points, the distance will be maintained and if necessary, temperature controls will be carried out. At these points, the use of a mask will be mandatory (this must be carried in the backpack).
5. The water will be dispensed by the runner himself in the self-service cans. In case of help, the runner will indicate it and keep the safety distance.

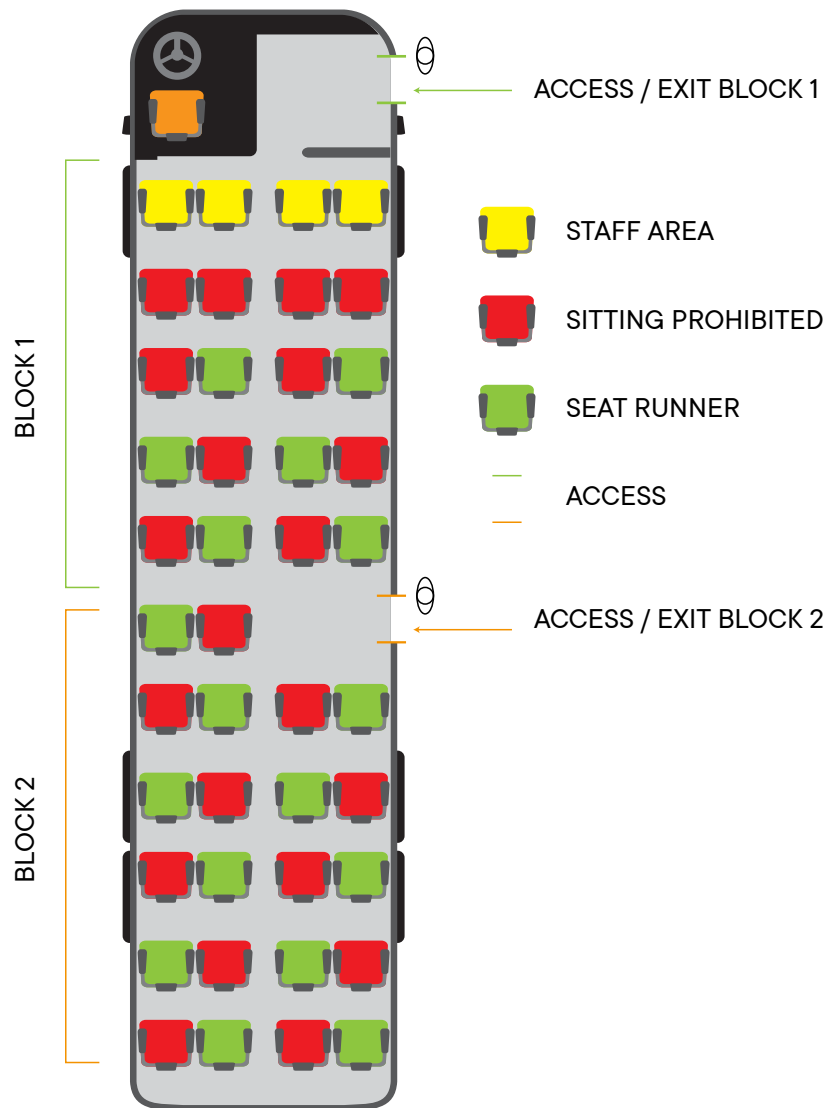




## DISPLACEMENT PROTOCOL

The displacements / transfers established in the itinerary will be carried out as follows:

1. The runners will be divided into blocks according to the bib number.
2. Seats assigned by safety distance are established.
3. Access to the vehicle will be through the FRONT DOOR (BLOCK 1) and through the REAR DOOR (BLOCK 4). The exit will be done in an orderly manner according to the entrance of each block.
5. The backpacks will be collected in an orderly manner and will be delivered by a member of the organization (the backpacks will be identified by their bib number).



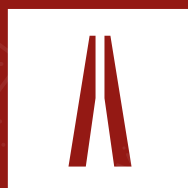




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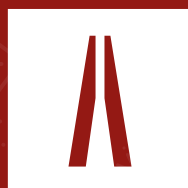
MEMBER



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