



HEALTH PROTOCOL

This Health Protocol includes all the rules, the health protection measures and the procedures that will be followed during the conduct of the 15th Ioannina Lake Run races, according to the guidelines of the National Public Health Organization (EODY) and the General Secretariat of Sports (GGA).

To the extent necessary and assessing the epidemiological situation in the next period including the 2-day celebration of the games on 18-19 September 2021, the Health Protocol will be updated in accordance with the instructions and recommendations of the scientists of the Health Committee, established by the Medical School of the University of Ioannina and based on the epidemiological data and the recommendations of EODY, the General Secretariat of Civil Protection and the Health Committee of the GGA.

RIGHT TO PARTICIPATE

The right to participate in the organization of the 15th Ioannina Lake Run is as follows:

- A) **The fully vaccinated**, i.e., those who on the day that they pick up their participation package will have received the two shots of 2-dose vaccine, or one shot of the 1-dose vaccine completing a two-week period since the vaccination scheme.
- B) **Those who have a certificate of disease**, which is issued 30 days after the first positive test and is valid up to 180 days after infection.
- C) **Those who have undergone molecular testing** (RT-PCR) up to 72 hours before the race or direct **antigen test** (Rapid Antigen Test, RAT), up to 48 hours before the race, with negative result. **Self-tests are not accepted, except for** minors up to 12 years old, who are allowed to enter with a negative self-test, carried out on the day of the race. For the convenience of the participants, an effort to locate a Mobile Control Unit of EODY near the Registration Center, will be made.

PARTICIPATION PACKAGE PICK-UP

In order to pick-up the participation package, runners must present to the Registration Centre a valid COVID-19 European Digital Certificate. Only certificates issued through www.gov.gr are considered acceptable and valid. The validity of the certificates will be checked electronically using the official application of the Ministry. Those who fail to produce the above certificate, **are automatically disqualified** from the race and are **not entitled to a refund**, however they will be handed over the participation package (without the bib number).

Due to the need to verify identity, runners should have with them a police ID card or other official document and will not be allowed to **receive a participation package on behalf of a third person**. For the same reason there will not be an option this year to deliver team entries to team leaders.

Pick-up of participation packages will be lengthened depending on the number of participants. The Registration Center will operate in an open area (Mavili Square) with service stations per event depending on the number of runners.

The service stations will be at least 2m apart to the right and left and at least 8m apart when facing each other. The Registration Center staff will wear a protective mask.

The runners' waiting lines will strictly follow the rule of 2m social distance (in all directions) between the runners of each waiting line and between the runners of different waiting lines. In front of each station there will be stickers indicating the waiting positions for those waiting to be served. These stickers will be placed 2m apart. Antiseptic will be available at each distribution and service station for both volunteers and runners.

Appropriate and adequate signage will be in all areas of the Registration Center, reminding visitors of hygiene rules, especially the social distancing (2m.) guideline, as well as the instructions of the organizers. Runners will be informed in good time by electronic communication of the procedure to be followed. During their stay at the Registration Centre, runners will be required to wear a protective mask.

ON SITE TEMPERATURE SCREENING

Upon pick-up of participation packages and before the race, extensive temperature screening of runners, will be carried out by the Ioannina branch of the Hellenic Red Cross.

USE OF MASKS-GLOVES

All staff and volunteers will wear a protective mask. Gloves will be used both by the staff who will receive runners' clothing and those who will provide medical assistance. Otherwise, there will be meticulous hand sanitation by using soap or antiseptic.

Participants will use a mask until they are placed at the race start, at which point they will dispose of them in special bins (for single use) and immediately replace them after finishing the race.

TRANSPORTATION

Transportation of participants / volunteers / employees / judges / partners for the purposes of the event both before and after the race will be carried out in accordance with the Health Protocol of EODY concerning transportation and will apply in September 2021. In cases event vehicles are used, all drivers / escorts /passengers are strictly required to wear double masks.

VOLUNTEERS AND SPONSORS PARK & EXPO

The Volunteers and Sponsors Park & EXPO will operate under the instructions of the National Public Health Organization (EODY). The booths will be installed by considering all the rules and guidelines for keeping social distances. No sample products will be allowed, and exhibition cars will remain locked. No spectators will be allowed in the Volunteer and Sponsor Park & EXPO at the time of the races.

ISOLATION AREA

An isolation area will be set up under the responsibility of the organizer, in case of any suspected case, whether it involves a runner, event staff or volunteers. The isolation area will be located at a distance from the other event areas. Responsible for its operation is the Ioannina branch- Volunteer Corps of Samaritans and Rescuers of the Greek Red Cross, with the use of a double mask inside the area. Any transfer to a hospital will be responsibility of National Center for Emergency Care (EKAB).

DELIVERY OF CLOTHING

The delivery of the participants' clothes will take place in special plastic bags provided by the Organization, in a special area. Upon delivery, the bags will be sprayed with a disinfectant solution by the volunteers who receive them.

PARTICIPATION CAP

Due to time and space restrictions, and in accordance with the latest clarifying guidelines for sports under special restrictive measures (16/08/2021), the event is capped with a limited number of athletes.

Thus, the program and the number of participants is set as follows:

Saturday 18 September 2021

10 km Road Race: 300 participants (6 blocks)

5 km Road Race: 300 participants (6 blocks)

Sunday 19 September 2021

Road Race 30 km. (Elite Runners): 300 participants (6 blocks)

Road Race 30 km. (Average Runners): 300 participants (6 blocks)

RACES IN BLOCKS

Based on the declared times of the athletes and the timing records of the event, the runners will be divided into blocks of 50 persons. The blocks will be grouped in different, designated areas and at a distance of at least 50m from each other, with a time difference, to prevent crowding. In each block - at the individual responsibility of the runner - the 2m regulation of social distance between the runners will be followed, in a horizontal and vertical direction, i.e. each runner corresponds to approximately 2.5m².

In the starting block (before the Starting Arch) there will be a distinct marking, based on the above rule, to determine the position of each runner in each row and line.

Participants are determined by name in advance and should not be changed for possible tracking purposes. The Organization reserves the right to cancel the race in case an arbitrary move to another block is found (through timing).

Limits of participations were formed based on the ground distance data of the starting and finishing areas, as well as the available duration of the race. Where is required, race starting point will be in a different area from the finishing point.

WAVE START SYSTEM

When runners enter the starting block, they will be placed -based on the 2m. social distance rule- in specific rows of 4-5 people each. At the start block there will be clear instructions on the (mandatory) starting position of each runner.

Having previously maintained a mandatory waiting position for the start, the runners will start in certain order - maintaining the pre-existing distances between them in every direction. The runners will start in 5 rows (about 20 participants).

Allocation of runners to blocks will be based on the best previous performance already recorded (runners with the fastest times will start first), resulting in the least possible, runners overtaking throughout the race. This will ensure overcrowding is avoided.

Blocks will start every 10 minutes.

DURING THE RACE

It is recommended that runners keep as long distance as possible and avoid forming groups. After all, this is the point of partial starts, as well as the split-in blocks based on the recorded best past performance.

Running side by side or in stepped formation (one in front and the other rear right or left) is safe only when a distance of 2m is maintained between the runners.

Runners should wear a T-shirt, which in no case should they remove before, during or after the finish, until the pick-up of their kit bag.

FINISH

After the finish, runners should immediately leave the finish area and head for the special water and medal stations, where they will receive a small bag, containing bottled water, soft drink, banana, finisher medal and other items. In this area there will be the possibility of hand disinfection by placing special devices with antiseptic solution. This procedure is contactless. Volunteers will leave the bag on the table in front of them and runners pick them up himself/herself. Then, they should leave for their place of residence or hotel.

AWARDS CEREMONY

Awards will be given only to the first three winners in the general category and not to the winners of the age categories, who will receive their medal by post. The awards ceremonies will be held in full compliance with the rules of social distancing and limitation of contacts and only with the presence of the necessary persons. Athletes will receive their medals themselves, without contact and without spectators.

RACE SUPPORT– HUMAN RESOURCES

All staff and volunteers who will be employed on the day of the race will be informed about the procedures and regulations of the event as well as the provisions of the Health Protocol.

All personnel involved in supporting the event, will be fully vaccinated or will have a certificate of disease or have a 48-hours molecular PCR or rapid test within 48 hours before the race, and before each procedure (Registration Center).

Everyone will wear a protective mask throughout the event.

PARTICIPANTS INFORMATION

The Health Protocol will be posted in a highly visual place on the event's official website (www.ioanninalakerun.gr) and all registered runners will be informed about the provisions of the Health Protocol via e-mail and other appropriate means.

Special signage with instructions and recommendations will be posted in the Registration Centre areas.

During the operation of the Registration Center and on the day of the race, there will be continuous audio announcements, to remind runners of the instructions, recommendations, and regulations of both the Organizing Committee and the National Public Health Organization and the Health Committee of the General Secretariat of Sports.

SPECTATORS

The presence of spectators in all races is prohibited.

SUSPECTED COVID-19 CASE MANAGEMENT

Suspected Case management in athletes, technical staff or club / federation / facility staff will be carried out in accordance with the National Public Health Organization instructions for the general population:

<https://eody.gov.gr/wp-content/uploads/2020/11/COVID19-lixikarantinas-apomonosis.pdf>

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