



The declaration must be signed (on race day) and submitted at the entrance to the start area. Starting is not allowed without submitting this signed declaration.

Protection and hygiene concept Engadiner Sommerlauf

Current version as of July 18th, 2020 (subject to change)

Overriding principles

1. A maximum of 300 starters per starting block

There cannot be more than 300 runners in the same starting block. The start block allocation cannot be changed. The start number will be sent to you. No start numbers are available at the start; no re-registrations can be made.

2. Only symptom-free at the competition

All participants and helpers must confirm in writing that they have had no contact with people infected with the Covid-19 virus within the past 14 days. People with symptoms of illness are not allowed to take part in competitions. This also applies to accompanying persons and helpers. Stay at home, resp. go into isolation and clarify further procedures with your family doctor.

3. Keep distance

When arriving, entering the sports facilities, in the dressing rooms, during meetings, taking a shower, coaching and watching, after the competition, on the return trip and similar situations, a distance of 1.5 meters must still be observed. Body contact is only permitted in actual competition operations and the minimum distance of 1.5 meters does not have to be observed. The hygiene mask must be worn until just before the start and after the finish.

4. Wash hands thoroughly

Washing hands plays a crucial role in hygiene. If you wash your hands thoroughly with soap before and after the competition, you protect yourself and your surroundings.

5. Contact Tracing

Volunteers, sponsors, media professionals, and guests of honor must register and provide their contact details.

Spectators and supervisors are encouraged to cheer on the competitors on the course, but do not go to the finish area in Samedan or Pontresina or the start area in Sils. This is checked by helpers.

When traveling by public transport, **the corresponding protection concepts of the respective transport company must be observed and followed. A mask requirement applies in public transport. The participants are responsible for wearing a mask in public transport.** All participants in the ESL and Muragl-Lauf are given a hygiene mask at the start and finish.

Starting area

Participants are asked to arrive at the start area max. 30 minutes before the start. A hygiene mask must be worn in the starting area. The minimum distance must be maintained at all times until the start.

Start times

The start of the Sommerlauf and the Muragl-Lauf take place in two blocks. The exact start times are published on the homepage.

With the Vertical Sommerlauf, runners start every five minutes in starting blocks of 25 runners each. Each runner receives his start time and the starting block allocation. No start is possible without a start number.



Runners are asked to arrive in the starting area max. 30 minutes before their start time. Registration and division into the respective starting blocks ensures tracing.

Refreshments

There are two refreshment stations for the Sommerlauf, one for the Muragl-Lauf and one for the Vertical Sommerlauf. Solid food is given in the packaging. Participants are asked to start with a hydration belt or a running backpack with a hydration bladder.

Refreshments on the route

The food helpers wear plastic aprons, gloves and hygiene masks. Runners are only given packaged food, for example gel in closed packaging, bars in closed packaging, whole bananas etc. Drinks are given to runners in cups with lids. No self-service by runners at the refreshments stations. Disinfectants are provided on the tables for the participants and helpers.

Runners are asked not to litter or to take their waste home with them.

Waste is continuously disposed of by helpers. They wear a hygiene mask, gloves and a plastic apron. When disposing of waste, make sure that the waste bags are not pressed together.

Finish

Due to the staggered start times, mixing of the two start fields on the route and at the finish should be avoided. Sectors are created in the finish area, each of which has access for 50 runners. In these sectors, the effects are made available for collection according to the start numbers. Runners will also receive their finisher gift and meals here. They are then asked leave the finish area.

There will be no award ceremony. There are no festivities at the finish.

Refreshments at the finish are distributed by helpers who are equipped with a hygiene mask, gloves and plastic apron.

Runners will leave the finish area immediately after the finish. The protection concepts of the respective transport companies must be observed and followed during the journey home. After the arrival and after leaving the respective destination, the safety distance of 1.5 m must be maintained again and the hygiene mask must be worn.

Radio equipment and headphones have to be disinfected, microphones have to be wrapped.

All helpers are equipped with a protective mask, those in the refreshments area additionally with gloves and plastic aprons. Helpers are obliged to wear the protective equipment provided.

I, _____ (first name, last name)

phone number (important) _____

have read and understood the points in the hygiene and protection concept. I agree to abide by the rules at all times. With my signature, I expressly declare that I have had no contact with the infected in the past 14 days and that I myself am healthy and free of symptoms.

Date: _____ Signature: _____