



Norges Cykleforbund

Infection Control Guidance for Rye Mountain Bike Festival 2021

We are in a pandemic situation that requires extra effort from everyone.

Based on recommendations from the Norwegian Institute of Public Health (FHI), the Norwegian Directorate of Health and the Norwegian Cycle Association (NCF), SK Rye has created this infection control guide.

The purpose of this guidance is to reduce the risk of infection of Covid-19.

The three main principles for slowing the spread of infection are:

1. Sick individuals should stay at home.
2. Good hand and cough hygiene, and enhanced cleaning.
3. Keep at least one-meter distance and reduce contact between persons, avoiding shaking hands and hugging.

All:

- Persons with symptoms that may indicate Covid-19 infection are not welcome in arena or on the starting line. They are encouraged to stay at home.
- The one-meter rule must be complied with by everyone. Nevertheless, the race itself runs as normal and riding in a group is allowed.
- Everyone who will be present in the arena during the event during the three race days (except for registered participants, registered volunteer and commissaires) must register on arrival at the arena. All arrivals in the arena require registration, and the area is closed to anyone who is not registered. Registration is done by scanning a QR code with your mobile phone.
- In order to comply with the rule of a maximum of 200 people in the arena, riders and support persons must leave the arena before the next group of participants arrives. We encourage as many people as possible to go out and contribute to a good atmosphere in the track after they must leave the arena. REMEMBER at least one-meter distance also in the forest.
- Both in the toilets and near the bicycle wash, there will be signs indicating measures to minimize the risk of infection. We ask everyone to please follow the instructions on the signs.
- All payments during the event will be made contactless, preferably with VIPPS.
- All but active riders entering the arena area must arrive via the specified entry in order to register and, if relevant, obtain an accreditation card.
- Kiosk sales are managed by staff. Payment is contactless, preferably with VIPPS.

Clubs/UCI Teams:

- Bring hand sanitizer (Antibac) for use by the club's participants, support persons, et al.
- Ensure that the one-meter rule is observed.
- Ensure that everyone who will be in the arena during the three race days has read through and follows the event's infection control rules.
- Ensure that everyone in the arena carries accreditation. This does not apply to active riders. Riders are identified by their starting number.
- In the technical zone, the number of persons per club will be limited in order to minimize the risk of infection. There will be four accreditation cards available per club. These are handed out to the first cohort.
- We encourage clubs to be flexible and to cooperate in the event of technical problems, etc. There will be an infection manager from the event organizers in the technical zone every day.
- It will not be allowed to provide food or drink during the race to participants in < 15-year-old classes on any day. These must themselves carry their drinks on the bike. For participants in the 15, 16, junior, elite and Master classes, all bottles must be labelled with names and possibly number, so that there is the least chance of changing bottles. Provision of food/drink before round 2 will not be allowed.
- Participate in the team leaders' meeting with at least one person per start group. The team leaders' meeting will be held outdoors in the arena near the starting line. Times are indicated in the schedules for the respective days.

Participants:

- Must pay special attention to the one-meter rule in the starting and finish areas and follow the instructions from the organizers. Due to infection control, the area behind the start line will be somewhat longer than usual.
- Provision of food and drink during the race to participants < 15-year-old classes is not allowed on any day. These must themselves carry their drinks on the bike. For participants in the 15, 16, junior, elite and Master classes, all bottles must be labelled with names and possibly number, so that there is the least chance of changing bottles. Provision of food/drink before round 2 will not be allowed.
- Within the arena area, rollers are allowed only inside your own tent, so that the infection control rules can be complied with here as well. There are good opportunities for warming up on gravel and asphalt roads near the arena.

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