

FIS Marjon Hiihdot 30.-31.1.2021 – COVID-19 information

General info

Due to corona pandemic

- Only athletes and necessary personnel are allowed enter the competition venue
- Spectators are not allowed in the event
- Please read the instructions on corona precautions below
- Everyone has to use face masks
- Only athletes during competition and warm-up can be without face mask.

Read the instructions about travelling to Finland from [THL pages](#) if you are arriving from abroad. Check on the [website of the Border Guard](#) whether travelling from a specific country to Finland is permitted.

In general, before arrival to Finland you should have negative test result for COVID-19, no older than 72 hours. You should arrive to Finland at least 10 days prior to event and stay in quarantine for the first 10 days after the arrival.

Corona-pandemic precautions

These instructions concern all participants (athletes, coaches, necessary personnel and officials) of the competition event.

The corona pandemic precautions are based on the [instructions of Finnish institute of health and welfare](#) to prevent coronavirus infections at public event.

Do not enter the competition area if you are sick or have any symptoms. Coronavirus causes respiratory infection. The symptoms can be for example cough, sore throat, fever, shortness of breath, muscle aches, nausea, vomiting, headache.

If you have any symptoms of infection, it is not allowed to come to any public event.

If you get any symptoms of coronavirus after the competition, please follow [the instructions of THL](#).

If you have been diagnosed with coronavirus disease in a week after competition, please inform the competition organizer by email: heikkilamju@gmail.com

Organizer instructions:

- Spectators are not allowed in the event
- You may only enter the area completely healthy
- A competitor may not have more than one necessary guardian in the area
- Face masks are must be used at the venue. Take your own face masks with you.
- Safety distances must be observed. The organizer has marked indicative safety distances in the start area, and they must be observed.
- Dressing rooms are not in use and the interior of the stadium building is also inaccessible
- There are toilets in the stadium building. Toilets are accessible from the outside.
- Bibs will be picked up from the place indicated by the organizer
- At the finish, the competitor returns his/her bib to the bibs box
- The competitor must leave the finish line immediately after finishing
- You are only allowed to be in the competition area for the mandatory warm-up and competition time and you must leave immediately after the results of your series have been completed
- There is no notice board or score board at the venue. All information can be found on the website <https://espoonhihtoseura.fi/kilpailut/marjon-hiihdot-2021/>
- You can follow the results online and from the video board
- After the competition, the prizes can be picked up from the place indicated by the organizer
- Routes and restrictions are shown on the stadium area map
- Skies must be waxed outside. There are no rooms or electricity for ski waxing.
- Load the app Koronavilkku. It is a contact tracing app produced by the Finnish Institute for Health and Welfare (THL). <https://koronavilkku.fi/en/>