

HEALTH GUIDE

Word from the team

One year after our 2020 "COVID" edition, the health context has fortunately improved a lot. We are mostly all vaccinated, borders are reopening and society has resumed its course relatively normally.

However, we still have to compose with measures to mitigate the spread of the virus, which continues its progression and even its mutation here and elsewhere in the world.

After consulting the competent authorities and observing similar events, we present in this document the measures that must be implemented during the Ultra-Trail Harricana du Canada™.

Obviously, the festive atmosphere that we love so much also remains our priority in order to deliver a grandiose event, up to your expectations.

We thank you in advance for your collaboration in making this 10th edition a resounding success!

The Ultra-Trail Harricana du Canada™ team

General instructions

- ▶ We ask athletes, volunteers, team members and anyone involved in the event to act responsibly by respecting all the required health rules as soon as they arrive in Charlevoix in order to protect the entire population and avoid any possible outbreaks in the region.
- ▶ All athletes, volunteers, team members or attendants who plan to come to the Ultra-Trail Harricana™ of Canada must self-assess their health before traveling.
- ▶ We ask that all athletes, volunteers and accompanying persons sign [their Contract](#) (mandatory) BEFORE the event.

Shuttles to starting points

- ▶ We will keep an attendance register for each of the shuttles in order to contact you quickly if we think you may have come into contact with someone who is contagious.
- ▶ You will receive a new procedural mask for the shuttle and it will be mandatory to wash your hands before getting on the buses.
- ▶ It is mandatory to [register in advance for your shuttle](#) in order to properly manage crowds and requirements.

Departure management

- ▶ Physical distancing of one metre between each persons is required at all times.
- ▶ Mask or face coverings are mandatory on site until the start, where you will be positioned at one metre from each other.
- ▶ Race starts will be continuous, in small groups. You can access the departure area as soon as you are ready. The fastest are invited to take their place in the first starting wave.

On course behavior

- ▶ When passing, we invite you to signal your intention to pass so that those ahead can yield with sufficient room.
- ▶ Wait until it is possible to pass while leaving a distance of at least one metre.
- ▶ As much as possible, avoid running in the same "lane" as the runner ahead of you and remain at more than two metres from each other.
- ▶ Avoid spitting, sniffing or evacuating nasal and respiratory secretions during the race in close proximity to other runners.

Toilets and showers

Toilets will be installed in sufficient quantity at all sites, showers will also be available at the Mont Grand-Fonds arrival site. Wipes and antiseptic soap will be made available. Thank you for washing your hands before and after using the toilets and showers and respecting physical distancing when in line. Employees or volunteers will ensure regular cleaning of the premises (e.g. washing doors handles, etc.).

Aid Stations

- ▶ Upon arrival to an aid station hand washing is mandatory, mask wearing is not.
- ▶ We ask that food be consumed after leaving the aid station.
- ▶ Let the volunteers serve you and only touch the food you intend to eat.

Arrival Site

- ▶ Attendants are invited to access the site only at the anticipated finish time of their runner based on the timing available from Sportstats.
- ▶ We ask that you don your spare mask once you have crossed the finish line.
- ▶ To ensure site fluidity, you can remain on site only for up to 45 minutes after your arrival if you do not require first aid of any kind.
- ▶ As required by the health authorities, accompanying persons must present proof of full vaccination to access the site. This proof must correspond to the requirements provided by the government between now and the race.
- ▶ Accompanying persons greeting their athlete at the main site must be limited to 1 to 2 persons per athlete at the most (plus children, if applicable) in order to avoid gatherings. Since the capacity of the main site is limited, we may have to prioritize volunteers and athletes if there is too much traffic from time to time.