



ULTRA-TRAIL HARRICANA™ OF CANADA

SEPTEMBER 11-12-13 2020

La Malbaie (Charlevoix)

HEALTH GUIDE - ATHLETES



WORD FROM THE DIRECTOR GENERAL

“As you know, this 9th edition of the Ultra-Trail Harricana™ du Canada is being planned within a very specific context. Although nothing is certain yet about the running of the race in September, our team made the choice to pursue its efforts and remain hopeful in order to give our community of trail runners a first opportunity to be able to excel in a safe and supervised environment.

We believe that trail running events help keep many people active, fit and healthy. As society gets back on its feet and learns to live again within new parameters, we consider that sports organizations also have a place and a positive role to play, both from a social and human point of view, as well as an economic point of view. Our turn has come to come back to life with resilience and adaptability.

This is why we have consulted multiple partners and have rethought all of our methods to implement a health plan that is rigorous and effective. Our approach is serious and responsible, but everyone’s collaboration will be absolutely necessary in order to make this edition a success. Thank you in advance for your support and good luck everyone !”

Marline Côté, Executive



PREAMBLE

This health guide for athletes is one of two developed by the organization to plan the race in the best possible way within the context of COVID, the second being reserved for teams and volunteers.

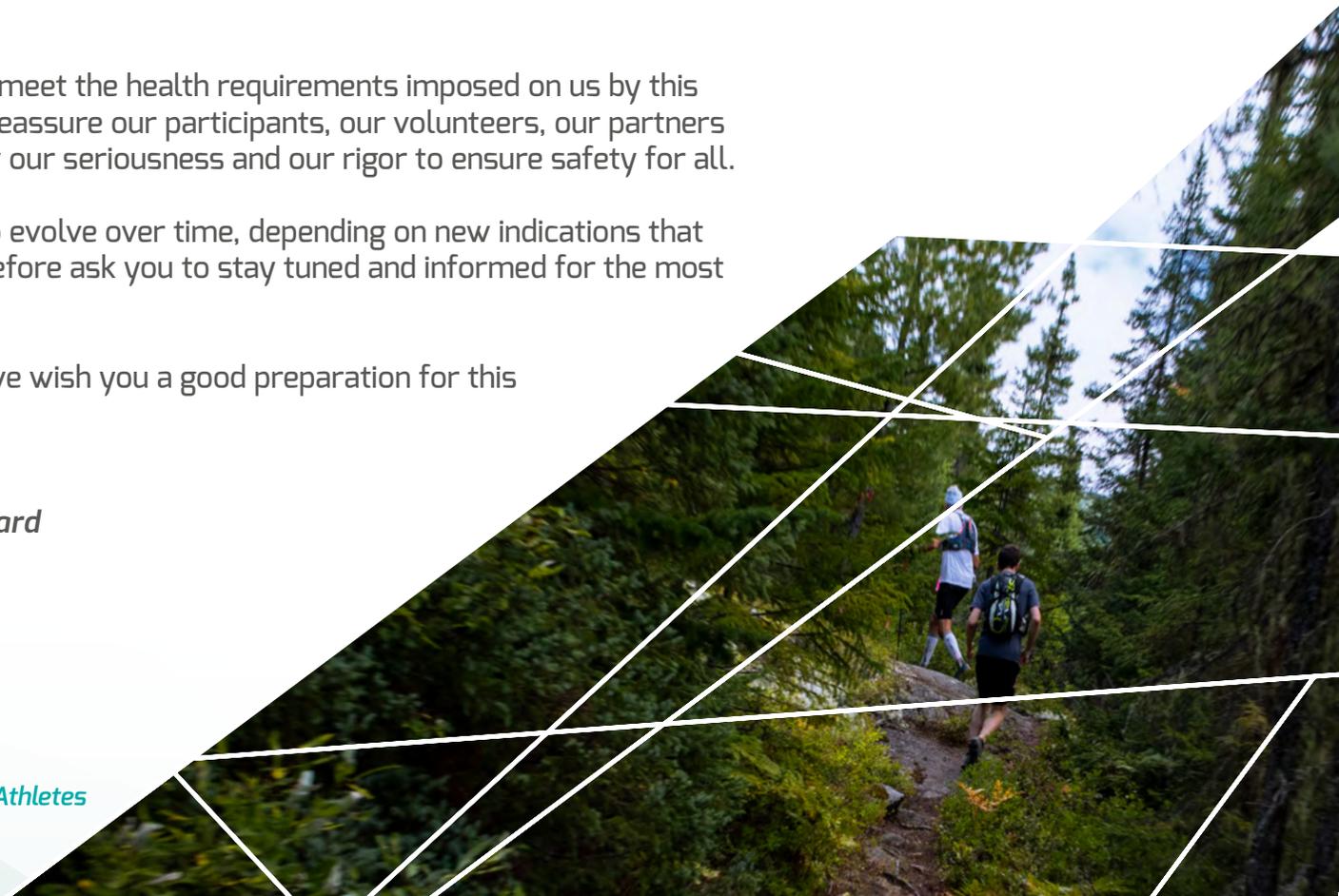
This plan results from a reflection spanning several months, with the mobilization of several other trail and road races in Quebec. An advisory committee made up of volunteers, team members and Ultra-Trail Harricana™ athletes commented and helped improve this plan, which was refined by a firm specializing in event health and safety in the context of the most recent tightening of government rules.

Today, we are confident that this plan can meet the health requirements imposed on us by this pandemic. We hope that it will be able to reassure our participants, our volunteers, our partners as well as the public authorities, and show our seriousness and our rigor to ensure safety for all.

It is understood that this plan may need to evolve over time, depending on new indications that we may receive from authorities. We therefore ask you to stay tuned and informed for the most recent event news.

Thank you all for your collaboration and we wish you a good preparation for this unique and historic edition !

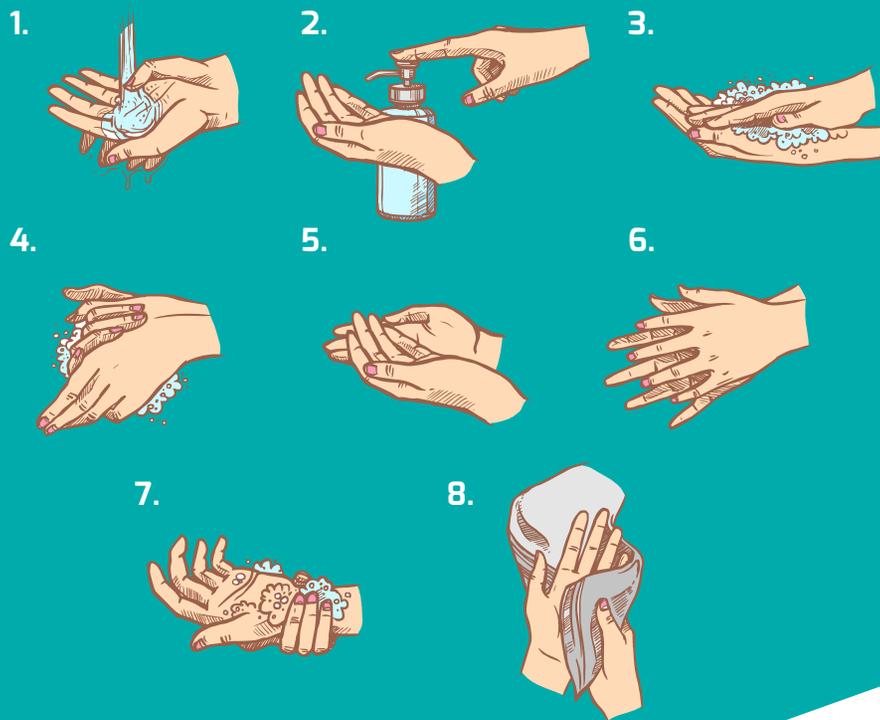
The Événements Harricana team and board



GENERAL INSTRUCTIONS

- › **We ask athletes, volunteers, team members and anyone involved in the event to act responsibly by respecting all the health rules that are required, 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 companions planning to come to the Ultra-Trail Harricana™ from Canada must self-assess their health before traveling.
- › If symptoms of COVID-19 are present (fever, cough, breathing difficulties, sudden loss of smell or taste, or other symptoms), the person concerned must quickly isolate themselves and refer to the symptomatic or sick persons section available on the following link, or otherwise call the dedicated number:
 - › <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>
 - › Dedicated number : [1 877 644-4545](tel:18776444545)
- › At all times, respect the 2m physical distancing between individuals, at the start and finish sites and at the aid stations. **During the race, a distance of at least 5 meters is requested.**
- › We realize that you may want to interact with people you know, but we ask that you limit unnecessary interactions with other participants, volunteers or team members as much as possible.
- › **Wash hands often**, at least every time a hand cleaning station is available, but above all:
 - › Before touching your face (eyes, mouth, nose);
 - › After coughing, sneezing or blowing your nose;
 - › After going to the washroom;
 - › When hands are visibly dirty or after touching something dirty;
 - › Before and after touching a person;
 - › Before and after preparing meals;
 - › Before and after eating;
 - › Before and after going to a public place.

- › The recognized hand washing technique must be carried out rigorously



- › Athletes should always carry a **bottle of antiseptic product** with them to wash their hands regularly. This product is thus added to the participant's list of mandatory equipment, in the same way as is the **mask or face covering**, of which two are required, that is to say include a spare mask.

- › **Wearing a mask is compulsory in all situations where physical distancing of 2 meters will not be possible.**

- › Hands should be washed after removing a mask whenever possible.
- › Runners will be able to wear a homemade mask (face covering) while volunteers and staff will be required to wear procedural masks provided to them by the organization. The latter must be changed when it is soiled, wet or damaged.
- › The homemade mask is a mask used as a means of protection that can be made at home. It can be used in addition to basic preventive measures (hand washing, coughing in your elbow, 2 meters distancing, etc.), but does not replace them. It does not protect the person who wears it, but could help decrease the risk that an infected person, who has few or no symptoms, transmits the COVID-19 virus to other people.
- › **NB : After verifications with experts, the BUFF cannot replace a face covering and will not be tolerated as such.**
- › If you wear a disposable mask, we ask that you follow the instructions to dispose of it in the bins provided on the site (the masks are not recyclable).
- › We ask everyone to take the short video training that will be offered on how to use the face covering effectively and sanitarily.

- › Gloves are not mandatory, but will be required for certain volunteer or staff tasks.
 - › Wearing gloves can provide a feeling of safety. However, you must be careful when wearing gloves so as not to contaminate yourself and your environment (eg: cupboards, door handles, cream jars, taps, etc.).
 - › Before putting on gloves, it is important to be well prepared so that you have the required equipment within reach. In addition, care must be taken to remove the gloves at the right time and in the right way.
 - › Always wash your hands before putting on and after removing gloves.
 - › Under no circumstances does wearing gloves replace hand washing.
- › Although some indoor locations will be accessible to athletes, volunteers and staff, you will be required to stay outdoors as much as possible or in ventilated areas where the risk of contamination is much lower.
- › **Signage and floor markings** : Be on the lookout for signage that will remind you of hygiene rules to be observed during the event.
- › We remind people at high risk that it is not advisable to participate or attend the event; these being :
 1. People with underlying medical problems that put them at higher risk: moderate to severe asthma sufferers, diabetics, people with severe obesity (BMI > 40), any chronic liver disease, heart or kidney

disease, and people who are immunocompromised or who live with an immunocompromised person.

2. People over the age of 60 or those with underlying conditions such as lung or heart disease, diabetes or immune deficiency.
3. People who live in long-term care facilities.

To participate in UTHC 2020, all participants, volunteers and accompanying persons must sign the “pledge contract” in which they pledge to act responsibly and in which they confirm having read the relevant documents to properly prepare for the event. They also accept that their participation is not without risk.

› [CLICK HERE TO SIGN THE PLEDGE CONTRACT](#)

- › We ask everyone to fill out **the Covid self test** in the days before the event, on the Logicoss platform, in order to identify those at risk.

NB : Anyone deemed to be at risk of spreading COVID-19, in the days preceding the event or upon their arrival on the site, may have their participation refused. If applicable, their registration will be refunded or transferred to 2021 free of charge. This assessment must have been carried out by competent authorities so that reimbursement / cancellation terms can be applied.

RECEPTION/DISTRIBUTION OF BIBS AND VERIFICATION OF REQUIRED MATERIALS

All activities, including the distribution of bibs, will take place at Mont Grand-Fonds in order to centralize operations.

A health check will be carried out upon your arrival, with a questionnaire and by taking your temperature. Rest assured that the collected information will remain confidential.

The duration of the bib distribution has been extended to spread out more participants over time: that being :

- › **Saturday September 5**, at the **Boutique du Lac** (1020 Boulevard du Lac, Lac-Beauport, QC G3B 0W8), in Quebec City, from 10 a.m. to 4 p.m.
- › **Thursday September 10**, at **Mont Grand-Fonds**, from 4 p.m. to 9 p.m.
- › **Friday September 11**, at **Mont Grand-Fonds**, from 9 a.m. to 10 p.m.

Choose your time slot using the [FOLLOWING FORM](#). First come, first served. Limited spaces available for all time slots.

It will not be possible to collect bibs for other participants this year.

- › All participants will have to go through the verification of compulsory equipment in the outdoor tent before going

to collect their bib inside Mont Grand-Fonds. Hand washing will be mandatory before entering the marquee **AND** before entering Mont Grand-Fonds.

- › Participants must present their items to officials in a bin which will be cleaned after each use.
- › They will then receive a ribbon to hang on their bag to show that they have gone through the mandatory equipment check. This ribbon must be present on the bag on the morning of the race in order to enter the start area.

Plan on wait times. Corridors with a distance of 2 meters will be installed and we will check and deliver bibs continuously with a limited number of people at a time.

We may ask you to stay in your vehicle and wait for instructions from those in charge if the number of people waiting to collect the bib is too high.

RACE START TRANSPORT

We invite **all those** who can have their own transport to organize themselves accordingly, while considering that parking at the departure site is not allowed for the day. We wish to limit as much **as possible** the transport of participants by bus to the race start.

Thank you for helping us reduce the risks by asking your family to drive you to your race start.

- › For exceptional cases where you cannot arrange your own transport, you **must** register for the shuttle service using one of the forms that will be sent to you by August 10 at the latest.
 - › All shuttle departures will be from Mont Grand-Fonds, and stops will be possible at the Fraser Falls campsite only.
 - › You must follow the instructions of the volunteers on site to position yourself properly in the shuttles.

It will be mandatory to wash your hands before entering the buses.

- › Wearing a mask or face covering will be compulsory on the buses.
- › It will be important to follow the directions of the staff on site before entering or exiting vehicles.



Drop bag

You can leave the bag (which will have been given to you at the bib collection) with your personal effects in the vehicle which will bring it back to the finish (65 km and 80 km). A plastic bag will be provided on site to wrap your bag and transport it hygienically.

- › **It will be important to identify it properly.**
- › **Last modification date : August 8, 2020 :** The drop bag will be brought back to the Hautes-Gorges station for the 125 km runners who do not have a support team. For those who have a support team, please ask them to have the gear you're going to need halfway through.

Start line etiquette

Social distancing of 2 meters between each person must be respected at all times.

- › Wearing a mask or face covering will be compulsory on the hosting sites, until the start time, where you will be positioned 2 meters from each other.
- › Departures will be continuous in small groups. You will be invited to step in the start area according to your estimated race time (the fastest will start first). Additional information will be sent to you before the race and on site to ensure maximum fluidity as well as to minimize interactions on the sites and during the race.

Note that access to the SEPAQ chalet in Hautes-Gorges-de-la-Rivière-Malbaie national park will not be available.

On course etiquette

When overtaking, we invite you to signal your intention to overtake so that the person or persons in front of you can give way with sufficient space.

- › Wait until it is possible to overtake while respecting a distance of at least one meter, ideally two.
- › As much as possible, avoid running in the previous runner's «lane» and stay more than 5 meters behind each other.
- › It is forbidden to spit, snort or evacuate nasal and respiratory secretions during the race within 10 m of another runner.

Toilets

Sufficient toilets will be installed at all sites. Wipes and antiseptic soap will be made available. Please wash your hands before and after using the toilet and respect physical distancing when waiting.

Employees or volunteers will ensure regular cleaning of the toilets (e.g., washing the door handles, etc.).

The use of the toilets inside Mont Grand-Fonds will be limited to volunteers and team members only.

Aid stations

Be as independent as possible from a food point of view in order to avoid interactions at aid stations.

- › Rest assured, however, that food and hydration will be offered at aid stations. The details of what will be available will be communicated in due time.
- › Upon arrival at a feed zone, face coverings and hand washing is **mandatory**.
- › You are asked to consume the food only when leaving the aid station.
- › You must dispose of waste at the areas provided for this purpose or keep it with you. Garbage cans will be installed at each aid station exit.
- › Let yourself be helped by our volunteers and do not touch the volunteers, objects and touch only food you will eat.

Finish line area

Participants can pick up their medal from a table upon arrival. Please touch only what you will take.

- › The 125 km runners will also be receiving a UTHC engraved OPINEL. Please only touch what you will take.
- › There is no access for accompanying persons to the finish area.

- › Runners must wash their hands and put on a face cover or mask when leaving the finish area. We ask that you put on your spare face cover when you reach the finish area. It will be clean and more efficient to avoid the diffusion of droplets.

Please keep your stay in the finish line area as short as possible.

Spectators

Spectators are prohibited.

- › The only people that may enter the arrival site at Mont Grand-Fonds are family members or close friends, i.e. those living at the same address or including only one other additional address, and who are registered in advance on the list of support teams via the [PLEDGE FORM](#).

The number of which must be limited as much as possible and they are invited to come to the site at the estimated arrival time of their runner according to the Sportstats timing.

- › All those accompanying the support teams will also have to complete, in the days preceding the event, the **Logicoss Covid self-test platform** in order to be able to identify people at risk.

They will also have to go through the control area at the entrance to the main site, where they will be asked to have their temperature taken and answer a health questionnaire.

Main site

No food service for spectators will be offered this year.

- › There will be no babysitting service or inflatable games and family zone.
- › Accompanying persons and athletes are invited to keep their stay as short as possible on the main site after their event.
- › There will be no physiotherapy or massage therapy services offered except for emergency security services.
- › The site will not be offering showers this year, but garden hoses will be available for rinsing. Hand washing will be required before use. We also advise you to bring your own personal hygiene kit if you wish (e.g., wet wipes, etc.).

Support Team

Members of the support team are limited to family members or close friends, that is; those living at the same address or including only one additional address, and who have registered in advance on the support teams list via [the PLEDGE FORM](#) before August 20.

- › Support teams for 125 km runners can go to La Marmotte and Hautes-Gorges where specific areas will be set up for them.
- › Support teams will not be able to go to SPLIT this year, where space is too tight.
- › When the distance of 2 meters cannot be respected, wearing a mask will be compulsory.

Pacers

Unfortunately, after an evaluation stemming from all the issues relating to pacers on the 80 km, **it will not be possible to allow them on course in the context of COVID-19 this year.** The number of people participating in the race must be kept to the strict minimum.

Post-race

A hot post-race meal will be served in a take away lunch box.

- › We recommend that you consume this meal outside, on picnic tables, or in the outdoor marquee, if possible, or even in your vehicle or accommodations.
- › Help us disinfect tables after use before leaving.





We thank you all for your cooperation.

Despite all the measures put in place, we are confident that we can offer you a pleasant, friendly and high-quality event, infused with cheer and respect for all.

Hope to see you soon!



If you have any questions or suggestions, please write to us at info@harricana.info