

HELSINKI CITY RUNNING DAY 2.10.2021

PUBLIC HEALTH GUIDELINES

At the event, we will follow THL's (Finnish Institute for Health and Welfare) guidelines on good hygiene practices. In practice this will mean:

- At the event venue and area there will be enough space to avoid physical contact to others. Make sure you personally are keeping a safe distance to those who are not in your party.

- The participants will have the possibility to wash and disinfect their hands at multiple locations. At the entrance and service desks there will be hand disinfectant and at the restrooms at the Olympic Stadium there is the possibility to wash one's hands with soap. Please take advantage of this!

- Indoors (race office, expo) the front doors will be kept open whenever possible, in order to minimize the need to touch common surfaces.

- Please follow the recommendation to wear a face mask: Wear a mask when visiting the race office or the expo, when taking your belongings to bag drop as well as at the race start. There will be trash cans for the face masks about half a kilometer after the start of the race.

- The results and final standings will be listed according to net times (timing begins when the runner crosses the start line), so you may take your time at the start, there is no need to rush. This will prevent overcrowding at the start line.

- Race officials will wear a face mask in postings where safe distances from the runners or other officials might not be possible at all times.

If needed, these guidelines will be updated in accordance to official public authority guidelines.