

Health & Safety Framework 21,1/10/5km. Run - Navarino Challenge 2020

The **sport event Navarino Challenge**, which will be organized this year in Messinia, for the 8th consecutive year, will take place in compliance with the Healthcare Protocol by the General Secretariat of Sports and the instructions of the National Committee of Public Health Protection against COVID19. In this context and focusing on obeying the agreed measures of the relevant Protocol and the safe participation of athletes, aiming towards guaranteeing the health of athletes and event attendees, the event having carefully studied the safety protocols published to date by the competent healthcare authorities in Greece, as well as the guidelines issued by the WHO, the organizers have designed the following **stricter framework for health protection of the event**.

The guidelines include all rules, measures for health protection and procedures to be adhered to during and in the framework of this event, and shall be revised regularly, in accordance with the instructions of competent scientists on the basis of epidemiological data and the suggestions of the Healthcare Committee of the General Secretariat of Sports (GSS).

The main instructions relate to the **creation of activities inside and outside the town of Pylos, and the Costa Navarino resort**, with the exclusive participation of those staying in the hotel for activities that take place in the resort, whereas everyone that stays elsewhere may participate in activities that take place in outdoor areas of the Pylos-Nestor Municipality, in order to avoid overcrowding.

Hence, we will have 2 different sport facilities.

Meanwhile, it is based on the running aspect, on drastically reducing the number of participating runners, the demarcation of blocks into distinct areas with clear demarcating boundaries, the segmented starts with a 20-minute distance in order to effectively talk about different races, the cancellation of award ceremonies, in order to further discourage physical presence on the day of the race.

In the aspect of wellness, activities take place in outdoor areas with distances, where interested individuals will have to register in advance etc.

Inside Costa Navarino's hotels and other areas, health and safety protocols of the World Health Organization and the Greek Authorities are in effect and are being implemented, as well as the innovative system developed by Marriott International, "Commitment to Cleanliness", setting new standards and specifications in managing hygiene and cleanliness.

Within the Health and Safety Protocol, measures, and procedures, to be implemented during the 8th Navarino Challenge which takes place on 16-18 October, are mentioned.

A. The Westin Resort Costa Navarino

1. EVENT SCHEDULE (for everyone staying at The Westin Resort Costa Navarino)

Friday 16-10-2020

11:00-21:00: Participation Kit pickup (from the outdoor space of Agora)

Saturday 17-10-2020

10:00-21:00: Participation Kit pickup (from the outdoor space of Agora)

Sunday 18-10-2020

06:30: Opening of the demarcated area of the sport facility (900m)

07:15: Start of the Half-Marathon Race (21.1km), with a maximum number of 100 people

07:45: Start of the 10km Race, with a maximum number of 80 people

08:30: Start of the 5km by Samsung (running and dynamic walking), with a maximum number of 100 people

15:00: End of Activities

1. PRIOR TO THE EVENT

a. The transportation of participants / volunteers / workers / judges / partners for the purposes of the event, will take place according to the Health and Safety Protocol of NPHO and the instructions of the GSS. For example, "Favor your transportation to and from your workplace using your own mean of transportation. In case of transportation with Public Transportation use a mask".

b. All participants must arrive at the venue according to the time schedule of the races.

c. To enter, participants must have completed their registration in advance.

d. In order to participate, participants must have:

- I. A completed and signed "**Athlete's Registration Certificate**" of the General Secretariat of Sport, according to which they comply with all criteria for a safe return to sport activity.
- II. The "Athlete's Registration Certificate" will be uploaded on the event's website, where athletes can access it and print it, in addition to the certificate being available at the participation kit pickup area
- III. Those who do not provide the "Athlete's Registration Certificate", will not be able to pickup their participation kit and take part in the event.

- IV. In order to avoid overcrowding and inconvenience, runners are advised to print the certificate in advance and provide it to organizers at the Registration Center.

e. They do not need to bring:

- a. **Formal declaration** of participant, which has been completed upon his/her registration
- b. **Written approval of a parent**, for underage participants, since it has been completed electronically

2. AT THE EVENT ENTRANCE

- a. Basic rule for their entry is the avoidance of overcrowding in all areas.
- b. For that reason, the entrance of the facility will only be approached by event participants that stay at the Westin Hotel or at Romanos Resort Costa Navarino.
- c. The venue will be arranged and demarcated using railings in order to avoid congestion.
- d. The area will be 900 square meters.
- e. There will be a strict search for entries in the supporting areas on the day of the event, always with the provision of necessary accreditations.
- f. The number of people who can be present in these areas will be related to the square meters of each area with the prerequisite of maintaining the necessary distance of 1.5m, **and the limit of 100 people** in races and activities.
- g. In case of an increase in participants, a second start will occur in a separate time from the initial planning in order to avoid congestion.
- h. When entering the sports facilities, each person will be recorded in the event logbook, similar to the one available on the GSS website https://gga.gov.gr/images/log_sheet_v8.pdf. Temperature readings will be taken from all entrants. Entrants will sign the logbook, declaring that they have no coronavirus symptoms on the day in question. The logbook will be filed on a daily basis by the manager of the sports facility and kept for 14 days to facilitate any necessary contact tracing.
- i. To enter the event premises, each participant will be required to have completed registration.
- j. The cross-checking of all names will be done electronically (using tablets).
- k. If someone is not a participant then he must be on the list of accreditations.
- l. Temperature readings will be taken at the entrance, and persons with a body temperature of more than 37C in three readings will be declined entrance. In such an event, it is recommended that the sports facility guards fill in two copies of a medical referral form, one of which shall be delivered to the patient, and the other kept in the sports facility's records, signed by the patient.
- m. There shall be a single entrance and exit point for all attendees who have permission to enter the event venue, which will be guarded by the venue's guards.
- n. The games will take place without spectators and family members in the designated areas.
- o. Special reference is made to the use of a security firm, to ensure social distancing is maintained, and to provide any additional assistance on-site.

3. EVENT SECRETARIAT

- a. Delimitation of an area including:
 - I. Secretariat
 - II. Athlete-Assembly Area
 - III. Awards Area

Tents will have a minimum of 4m distance between them.

- b. Obedience towards the "Athlete's Registration Certificate" from all athlete pickin up their participation kit, that they do not identify or live with a potential case.
- c. **No registrations will take place on the day of the event.**
- d. In the Registration Center there will be stations for service and pickup of numbers, according to the number of the participant. Service stations shall have at least 1.5m distance on the left and right sides, and at lease 6m when positioned in a manner, facing one another/
- e. In front of each station, there will be indications on the area, which will illustrate the waiting positions for people who are expecting to be assisted. These sticker-indications will be place with a 1.5m distance between them.
- f. Set-up of signs with necessary instructions in high-visibility areas.
- g. Provision of hand-cleaning antiseptic products at the entrance and inside the Registretation Center, further to the provision of masks and gloves.
- h. Frequent cleaning of hands
- i. Use of mask for the pickup of participation kits and the service of people
- j. Use of gloves for the pickup of participation kits and the service of people
- k. 48-hour quarantine of all materials before their use
- l. Provision of a separate bin for the disposal of masks and gloves
- m. Contactless payments if necessary, since registrations will be closed
- n. Ability to send out participation kits with a courier service
- o. Creation, monitoring and response, of a live chat through Viber and FB Messenger during the event in order to avoid visiting the secretariat
- p. Pickup of participation kits may occur up to 24 hours before the start of the activity for the avoidance of congestion. In addition:
 - i. Registration Center staff will wear masks
 - ii. Athletes / Visitors will be required to wear masks for the duration of their stay in the Registration Center
 - iii. A free mask will be provided to them when entering the area
 - iv. Mask can be disposed at the recycling bin which will be located near the race starting point
 - v. Hand-cleaning antiseptic gel will be provided in all service points for volunteers and staff members.
 - vi. The Registration Center area will be cleaned often during the day and after its completion
- q. Storage of participants' equipment
 - I. Creation of a specific, convenient area with limited access, with seats being counted and split into "twenties".
 - II. Arrangement, in order to apply the necessary distances upon arrival
 - III. Use of gloves and masks from administration volunteers
 - IV. Large number of volunteers for the timely service and avoidance of congestion
- V. Arrangement in order of number, only holing handles and strings

- VI. Suggestion to pickup their belongings immediately after the finishing their race, in order to avoid congestion
- VII. Replacing gloves and masks during the race, before the reservice of participants, or in case of an absence of additional gloves, a repeated disinfection of gloves through the use of antiseptic is required after the returning every single object
- VIII. Returning objects by holding them from their handles and strings
- IX. During their return, bags must be sprayed with a disincentive solution from volunteers

4. RACE BRIEFING

- a. Via e-mail and posting of a YouTube video on social media
- b. Creation, monitoring and response to **live chat via Viber and FB Messenger**
- c. Inclusion of content with health & safety instructions
- d. Mandatory tracing commitment for all athletes
- e. Briefing in tent, if allowed
- f. Last-minute game briefing with appropriate social distancing

5. DURING THE RACE

- a. Athletes will arrive according to the time schedule, while strictly keeping their distance.
- b. Athletes must stay in the venue for the least possible time and they must leave after they finish their race as they cannot wait for the finish of their activity.
- c. Upon their entry and their visit to the registration center, they will then go towards the waiting area until their group is called.
- d. The first twenty-four athletes will enter a demarcated, 70-meter area
- e. Use of masks before the start of races is advised for participants. If they wear a mask before starting, they can dispose them in specific bins, before taking their starting positions.
- f. Provision of garbage disposal bins with a footpedal and bag, in all areas of the venue
- g. Start will be given based on a **wave start system**.
- h. **Each group of 24 people will be split into pairs with a 2 meter distance from each other, from all sides.**
- i. **The start will occur gradually, and runners will start into pairs within a space of a few seconds, or ideally with a 10m distance between pairs.**
- j. Specifically, in the starting blocks, the separate start for each row of runners, will occur with a distance in time that ensures that the previous row of athletes, has covered a distance of approximately 8m-10m before the next row begins.
- k. The start of the first row of athletes from the following block of runners, will occur 10-minute after the start of the final row of the previous block.
- l. In this way the avoidance of congestion is guaranteed.
- m. It is suggested that runners maintain their distance without forming running teams. This is the point of having gradual starts.
- n. Runners must always wear their t-shirt while running and they must not take it off for any reason, before, during or after their race, until they pick up their personal bag with their clothes.
- o. The first start of the first group for the 21km will take place at 7:30
- p. The first start of the first group for the 5km will take place at 8:30
- q. The first start of the first group for the 5km will take place at 9:45
- r. This way congestion is avoided

6. AFTER THE RACE

- a. The gradual start of participants prevents congestion at the finish line, as it has already been explained.
- b. An athlete that has finished, is not allowed to re-approach start / finish area.
- c. Upon the completion of their race, athletes must place their used clothes in a personal bag and leave the area as soon as possible, as explained earlier, avoiding social interactions and conversations with other athletes. Returning to their home or hotel they must let their clothes and sports equipment “ventilate” for at least 3 hours, and then, if possible, wash them on 60-90 degrees and dry them very well. If they also compete on the following day then they must use different towels, bathrobes etc.
- d. Upon finishing, with a controlled one-way traffic (monitoring of distances from volunteers), athletes must walk towards the recovery area.
- e. Waters will be placed in designated in order for participants to pick up their bottle by themselves.

7. AWARD CEREMONY

- a. There will be no award ceremony
- b. Finish medals (that are coming after a 48-hour quarantine) are carried to the finish points by volunteers wearing gloves in sealed boxes.
- c. When the time comes for the materials to be use, the boxes are opened with the old gloves and consequently, the gloves are replaced with new ones in order for the content of the boxes to be touched.
- d. With the new gloves and with caution (having no contact with the athlete), his medal is offered to him, in order for him to receive it from the ribbon and wear it by himself.
- e. The three first athletes to finish from each category, will be photographed **individually** in an outdoor area near the backdrop, always maintaining the necessary 1.5m distances.
- f. This space will be delimited with railing and a special tape.
- g. Upon the finish of the three first athlete per category, one exit towards the award ceremony will close, and the only exit left open will be the one that was also used as an entrance for all athletes.

8. MEDICAL COVERAGE

- a. The ambulances of the assisting team are considered a help for health and safety incidents with the exception of potential COVID-19 cases, which require a special handling based on the ministry’s instructions, with different ambulances and by calling 1135
- b. The medical assistance team uses their equipment based on their relevant protocols
- c. Their will be an isolation room
- d. With care from the Medical Services, a specific indoor area away from the everyone, will be selected and used for the isolation of a potential case that maybe identified between athletes or other interest parties of the event. NPHO will also be informed.
- e. The event doctors will apply the relevant instructions published by the Healthcare Committee and NPHO.

9. TRANSPORTATION OF ATHLETES

- a. Guaranteed disinfection before driving or before the delivery of cars to athletes
- b. Use of gloves, face masks and other protective items from the person delivering the car
- c. Application of a similar process during the car pick-up from the athlete

10. TRANSPORTATION OF VOLUNTEERS

- a. Prediction of necessary distances during the preparations and transportation
- b. Use of masks and gloves before entering the bus and they can only be taken off after exiting
- c. Use of the minimum required number of volunteers

11. GUESTS

- a. There is no guest viewing zone.
- b. Their arrival at the venue is forbidden.

12. RESCUE TEAM

- a. Specific tents inside the event area
- b. Use of masks and gloves in order to handle every type of incident
- c. Presence of doctor and a defibrillator.
- d. The rescue team will arrive at the venue with their own means of transportation in the morning of the event and more specifically exactly one hour before the arrival of athletes in order to avoid congestion
- e. They will wait in their positions during the races and they are advised to wear a fabric-mask.
- f. There will be a rescuer or a volunteer every 3km throughout the route.
- g. The rescue team at the starting point is excluded and it will consist of 2 people and a doctor.

14. TOILETS & CHANGING ROOMS

- a. Careful and frequent (every 15') cleaning of toilets with disinfectant, on all controversial positions
- b. Provision of hand-soap and paper towels in all sinks
- c. Provision of hand-sanitizer outside of all toilets that may be used before and after every visit
- d. Disposal of masks and gloves in designated bins outside of the toilets, when entering or exiting the area
- e. Chemical toilets will be placed according to the number of participants, e.g. for 40 participants – 4 toilets

15. RESTRICTIONS

- a. In all activities, there will be a limit of 100 people in the event venue per activity, including participants and staff.
- b. For this reason, there will be different start times for every activity.
- c. There will be a list of names from everyone entering the venue, as well as all staff members.

16. UMPIRES, COMMITTEE, JUDGES, VOLUNTEERS

Judges, Umpires, committee, race secretariat, volunteers

- a. All of the above race officials must wear a mask while working. They must stay dispersed, maintaining at least 1.5m distance between them and the athlete.
- b. Members of the secretariat inside their offices as well as when they exit their offices, must wear a mask. They all need to keep their distances when cooperating with race officials and the representatives of Clubs, while applying the rules.
- c. Workforce must wear masks and gloves.
- d. The rules of SEGAS are in effect.
- e. The race's doctor is responsible for the condition of all athletes.

17. REGISTRATION CENTER

- a. Pickup of participation kits will extend in time according to the number of participants. The registration center will operate in an outdoor area (Pylos Square), with different service stations per activity according to the number of runners.
- b. Aiming towards avoiding the mass turnout, the handout of group registrations will occur in specific areas, designated by the club leaders (e.g. hotel)
- c. Service stations will have a 1.5m distance from the left and right side, and at least 6m when facing each other.
- d. The queues of runners will follow the strict maintenance of the 2m distance (from all directions) between runners of every queue. In front of all stations there will be sticker-indications which will illustrate the queuing positions for those awaiting to be served.
- e. These sticker-indication will be placed with a 2m distance between them.
- f. There will be antiseptic provided in all service stations for volunteers and runners.
- g. In all areas of the registration center, there will be signages reminding visitors of health and safety measures that they need to follow, as well as the need to maintain the physical distance rules (2m) and follow the instructions of the event's executives.
- h. Runners will be informed in a timely manner through an electronic communication about the process that they need to follow. It is advised that participants wear a mask for the duration of their stay in the registration center.

18. GENERAL INSTRUCTIONS TO FOLLOW

The responsible organizers and the responsible team of staff members, have been informed about the latest available instructions about the COVID-19 pandemic (official electronic resources from the WHO, CDC, ECDC, OHE, local public health authorities) and are committed to follow the available instructions. In order to stop the spreading of the SARS-CoV-2 coronavirus, the below instructions need to be applied:

- I. Frequent handwashing with soap and water or with an antiseptic solution that uses alcohol as its basis.
- II. No handshakes or hugging.
- III. No touching of the face (nose, mouth, eyes) with dirty hands, especially if they have contacted objects used by a lot of people.
- IV. Covering their nose and mouth with a tissue in case of cough or sneeze, and immediate disposal in a bin. If no tissue is available, the inner part of the elbows should be used.
- V. Immediate cleaning of hands and face in case there is contact with another person.
- VI. Avoid congestion.
- VII. Maintaining the 2m distance from other people or use of masks in public spaces.
- VIII. Personal conversations should take place with a 2m distance.
- IX. Frequent Oral Announcements on the day of the event, reminding participants and attendees of the information, instructions, and rules of the NPHO and the GSS' Health Committee.
- X. There is a COVID19 emergency coordinator in the organizational committee, and there will be a clear process for athletes or attendees that may wish to get in touch, if they feel unwell during the event.
- XI. The health and safety protocol will be uploaded in a visible position on the events website (www.navarinochallenge.com) and all registered runners will be informed about it through email and other alternative ways. In the registration center there will be signages with guidelines and information

- XII. During the operation of the registration center on the day of the race, there will be frequent oral announcements, reminding participants and attendees of the instructions and rules of the NPHO and the GSS' Health Committee.