

## The UTMF2021 Operation Policy on the Prevention of COVID-19

- \* The entry is open only to racers living in Japan except for invited racers, etc.
- \* All participants of the UTMF2021 – including racers, staff members, and volunteers - must accept and comply with this UTMF2021 Operation Policy on the Prevention of COVID-19.

### [Notes on registration]

- Prospective racers of the UTMF2021 and their family members or those living in the same household as racers should take precautionary measures to prevent COVID infection on a daily basis.
- Registered racers of the UTMF2020 (racers who had the right to run in the UTMF2020 in all categories including the donation-based entry and general category entry) will receive priority entry rights for the UTMF2021 or UTMF2022. The priority entry rights will be given even when racers do not satisfy the ITRA point requirements which are part of the racer qualifications. Still, racers must be sufficiently trained to participate in the race.
- The number of racers accepted for the UTMF2021 general category will be announced after the number of racers with the priority entry rights is determined. The following racer qualifications will be applicable to general category racers.
  - Any male or female 18 years of age or older as of race day who can complete the race within the time limit and without getting lost.
  - Racers must have successfully completed races that are registered with the ITRA (International Trail Running Association) and have earned points described below. The races must have been completed within the last four years up until the day before the start date of the general category registration. However, at least one of these races must have been completed within two years up until the day before the registration start date.
  - 10 points or more from up to three races
- Please note that the UTMF2021 may be canceled due to the effect of the spread of the COVID-19. We are going to make the decision on whether to hold the race based on guidelines set by the national and local governments. Decisions on whether to hold the race will be made based on the schedule below.
  - Mid-September, 2020: UTMF Race Committee
  - Late-February, 2021: UTMF Race Committee
  - Other meetings will be held as necessary based on situations of the spread of COVID-19.
- Please note that even if the race is canceled due to the spread of COVID-19, no refunds

will be given for the entry fee. However, a participation prize will be sent to all eligible participants.

#### **[Precautions prior to the race]**

- Prospective racers of the UTMF2021 and their family members or those living in the same household as racers should take precautionary measures to prevent COVID infection on a daily basis.
- Racers are required take and record their temperature every day for two weeks prior to the race (starting on April 9, 2021) and submit the records to the race office. (Details will be announced later.)
- Racers will not be allowed to run in the race if any of the following conditions are met within two weeks before the date of the race (after April 9, 2021).
  - Fever that exceeds normal temperature (above 37.5°C)
  - Abnormal body condition (e.g. cold-like symptoms such as coughing, sore throat, chills, fatigue, shortness of breath, difficulty breathing, loss of taste or smell, headache, muscle or body aches, congestion or runny nose, nausea or vomiting, etc.)
  - A person who is in close contact with a racer is tested positive for COVID-19.
  - Someone who is in close contact with a racer such as a family member living with the racer or a colleague is suspected of COVID-19 or showing above symptoms.
  - A state of emergency is declared, or cross-prefectural travel restriction becomes imposed in the area of residence.
  - Within two weeks prior to the race (any time after April 9, 2021), a racer has traveled to a country or region to which the Japanese government has imposed entry restrictions. Or, a racer returns to Japan from a country or region from which the Japanese government is requiring an observation (quarantine) period upon returning. Or, a racer has been in close contact with a person who has visited such country or region within two weeks prior to the race.
- Please refer to the Conditions to Participate in the Race and voluntarily withdraw from the race if you have not been able to have adequate training to complete the race.
- No refunds will be given if a racer withdraws from the race.

#### **[Precautions on the day before and during the race]**

- Those who use the official bus tour to the registration area and race venue are required to take temperature before boarding the bus. Anyone with a temperature of 37.5°C or higher are not allowed to board the bus.
- Sensors will be used for temperature screening at the entrance to the registration area

and the race venue. Anyone with a temperature of 37.5°C or higher are not allowed to enter. This applies to everyone including the racers, supporters, spectators, suppliers in the exhibition, and volunteer staff.

- Please practice COVID prevention measures at the registration area and equipment check area and follow instructions of the staff on how to proceed through the areas.
- Everyone is required wear a mask at the registration area and the race venue. A headwear that covers the nose and mouth to prevent the scattering of droplets may be used in place of the mask.
- All trash generated at the race venue must not be discarded except in designated trash bins.
- If a trash contains runny nose or saliva, put it in a plastic bag, seal it, tie it up, and take it home or dispose of it in a designated trash bin.
- The number of people in the registration area, equipment check area, and changing rooms may be temporarily limited to prevent overcrowding. Please follow instruction of the staff.
- Sensors will be used for temperature screening at the entrance to the start area. Racers with a temperature of 37.5°C or higher will not be allowed to enter the start area and will not be allowed to run.
- No refunds will be given for the tour fee or race entry fee if a racer is not allowed to board a bus or run the race.

**[Precautions during the race]**

- Racers are required wear a mask or headwear at the following locations during the race.
  - When waiting in line at the start area and during the start time
  - After the start and up to about 500-meter point on the course. You will see “Mask-Off Point” sign.
  - In aid stations and water stations (except while eating or drinking)
  - At the finish area after crossing the finish line
- \* Wearing a mask is not required during the race other than the above areas.
- Please keep as much physical distance as possible between you and other people during the race. In areas such as forest paths and roads where you can keep enough physical distance from other racers, we encourage racers to run alongside or even diagonally behind other racers to avoid being exposed to the breath of racers running ahead.
- Please do not spit, cough out phlegm, or blow a nose rocket during the race.
- Racers are encouraged to carry their own disinfecting wipes, alcohol spray, etc. Racers are also encouraged to wash their hands, gargle, and disinfect hands frequently.

**[Precautions at aid stations and water stations]**

- Please follow instruction of the aid station and water station staff on eating and drinking.
- All trash generated at the aid station and water station must not be discarded except in designated trash bins.
- If a trash contains runny nose or saliva, put it in a plastic bag, seal it, tie it up, and take it home or dispose of it in a designated trash bin.
- Do not dispose of leftover drink or food outside of the designated trash bins (e.g. on the course).
- The number of people in the nap rooms may be temporarily limited to prevent overcrowding. Please follow instruction of the staff.

**[Precautions for spectators and personal supporters]**

- Supporters are not allowed in the race.
- Spectators and supporters must wear a mask.
- Cheering for racers outside of designated areas is prohibited.
- Please keep as much physical distances as possible from other people while cheering for the race.
- Cheering and talking in loud voice or having physical contacts such as high-fiving and hand shaking are prohibited.
- Persons not authorized by the race organizer are not allowed to provide food or drink to racers. (Providing so-called personal aid is not allowed.)

**[Criteria for the cancellation or discontinuation of the race and changes made to the race or the course]**

The organizer may change, cancel, or suspend the race if it is deemed difficult to hold or continue the race for any of the following reasons. There will be no postponement of the race such as to the following week.

1. When the state of emergency is declared
2. When the government requires travel restrictions or restrictions on leaving houses for non-essential reasons
3. When a COVID-19 case is confirmed in racers, staff members, or other participants on the race course or the Expo areas during the race period
4. When a weather warning is issued
5. When a landslide or rock fall occurs on the course and makes it impossible to ensure the safety of racers and staff members
6. When a natural disaster occurs: e.g. When Explanatory Information on Tokai Earthquake

Warning/Warning Declaration or Tokai Earthquake Watch is issued

7. When there is a possibility of damaging the natural environment due to the passage of racers under stormy weather
8. When the organizer decides that the race should be canceled for any other reasons
9. The decision to cancel or suspend the race will be announced on the official UTMF website or dedicated websites (PC or mobile phones) on or before the day of the race. If the announcement of cancellation is to be made on the start date, the text message of the announcement will be sent to each racer's registered mobile phone number.

**[Precautions after to the race]**

- If a racer is tested positive for COVID-19 or show cold-like symptoms such as fever and coughing within two weeks from the end of the race, please report to the race organizer as soon as possible and also report on the status of persons in close contact.

**[Volunteer staff]**

- Volunteers should take the same precautionary measures as racers to prevent COVID-19 infection on a daily basis.
- Volunteer staff who are not feeling well are not allowed to participate in volunteer activities.
- The race organizer will provide face shields and other protective gears to use during the race. Volunteers must bring their own masks and other protective gears to use outside of the volunteer activity period.

**[Disclaimer]**

- The UTMF race organizer is not liable for COVID-19 infection in any person involved in this race.