



Protocol to minimize the risk of COVID-19  
infection in the development of Olla de Núria  
2021

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## introduction

This protocol aims to establish the recommendations to follow for the organization of federated sporting events, to prevent the spread of COVID19. The recommendations contained in this document may be amended in accordance with the resolutions established by the competent authorities. Therefore, both the participation and the age ranges of the participants will be subject to these resolutions even if no limitation is established in these aspects.

## Objectives

Avoid and minimize the risks of contagion, spread and possible outbreak of COVID19.

## General recommendations

Athletes, coaches, referees and staff of the organization must strictly follow the guidelines of personal hygiene and social behavior to avoid contagion.

- Attendance by people at risk at sporting events is not recommended.
- The use of a mask is mandatory for everyone and at all times. Only athletes during the race will be able to remove it, however they must take it while they are in the starting drawers and immediately once they pass the finish line.
- Frequent hand washing or the use of personal hydroalcoholic gels is recommended.
- People diagnosed or sick with COVID19, who have not overcome the disease or without medical discharge will not be able to participate in the sporting event regardless of their function. Neither will those who, without being sick or diagnosed, have had contact with a patient and have not passed quarantine.
- The distance of two metres between all the people involved must be maintained at all times. Even for attendees as an audience.

If any of those involved in the event have symptoms, such as fever or persistent cough, they should leave the event or put themselves in the hands of health personnel.

## organization

Responsible for coordination to comply with the Covid protocol at the Olla de Núria event: Anna Vilella Morató

## Specific material

The Organization of the Pot of Núria will have:

- Non-contact thermometers
- Masks
- Hydroalcoholic gels at the disposal of the organization, arbitrators, delegate of the federation.
- Spaces delimited with fences and ribbons.
- Sufficient staff or volunteers for the control of access to the different authorized areas of the race

## athletes

- If you have a fever (> 37.5 °C) or symptoms of illness, you should not participate in the competition.
- You must respect the measures of individual protection and distance (2 meters) at all times.
- You have to go only to the areas of temperature control, license control and delivery of bib, exit ..., to avoid crowds.
- It is recommended to bring the FEED application installed for license checking.
- You must show up for the competition with the sports equipment on and if necessary bring spare clothes to change, because there will be no changing rooms or showers.
- You must attend at all times to the instructions of the staff and arbitrators of the organization.
- You should bring your food and drink and not share it with other athletes. Except in areas delimited as post-career provisioning.
- For the collection of the bib it is mandatory to present the document of self-responsibility duly completed.

## Generic measures before, during and after competition

### Temperature control zone

- A temperature control area will be established to access the event venue. The temperature will be taken by anyone who wants to access whether an athlete, technician, coach, referee, member of the organization and other people linked to the event.
- Volunteers with thermometers and hydroalcoholic gel are expected.
- The temperature control will be carried out in a place in the shade and always before the warm-up before the competition so as not to give the wrong reading.
- Access will be prevented to anyone who has a fever (> 37.5 °C).

### Back-end delivery area

- Tables will be set up with sufficient width to guarantee the minimum space of two meters between the staff of the organization as well as the athletes who carry out the procedures of verification of the license and collection of the bib.
- A transparent methacrylate screen will be placed.
- On the table there will be hydroalcoholic gel for hand disinfection before performing the proper procedures.
- It is recommended to use the App for license validation to avoid physical contact.

- In the case of sports teams, teams or technical centers, it is recommended that one of the technicians carry out the procedures of all its athletes.
- For the collection of the bib it is mandatory to present the document of self-responsibility duly completed.

### **Timing zone**

- This is an area where only timekeeping staff, referees and organisation will be accessed.
- It will be perfectly delimited and isolated from the public, athletes, coaches and technicians.
- You will have hydroalcoholic gel to wash your hands, tables and chairs should be disinfected.

### **Arbitration area**

- Exclusive access area for referees, will be isolated and delimited.
- You will have hydroalcoholic gel for hand washing.

### **Brifing corridors**

- There will be no mass gatherings of athletes.
- Event information will be emailed the day before the race to all registrants.

### **supply**

- There will be no refreshment stalls in any of the races held during the weekend, except for the arrival that in the case of the Vertical will be on the esplanade of Vall de Núria.
- The final refreshment of the race (Vall de Núria esplanade) will be delimited in three separate drawers: disinfection area, refreshment area and refreshment area. Each area will be properly delimited and controlled by the organization.
- In the refreshment area it will be the only area where the participant can remove the mask to be able to attend, always guaranteeing the safety distance.
- The glass can be filled in a delimited area where the participant will hold the glass and the volunteer will be the only one who will play the drum to put the desired liquid and always guaranteeing the safety distance.

### **Awards ceremony**

- The awards ceremony will be in an outdoor space in case the weather is favorable and if not, it will be done in a space large enough to guarantee the interpersonal safety distance of 1 meter.
- Throughout the awards ceremony, the use of a mask will be mandatory.
- Any prize will be properly disinfected prior to delivery.
- The maximum of 6 people in the podium area will not be exceeded.
- In the award area, only the awarded participants, organization and relevant authorities will be, who will be duly registered before the delivery.

- The press will have access to the area, respecting the safety distance, the use of a mask will be mandatory.
- Prizes will be left on the podium and the winners will take it to avoid any physical contact between the person awarding the prize and the participant.

### **Public area**

- Duly delimited with an entry and exit area.
- Within this delimited area there will be marked areas separated by the minimum safety distance.
- The public area will have a limited capacity.

### **Measures specific to mountain racing competitions**

- The organization of the Olla de Núria will delimit different spaces so that the public does not interfere with the delimited areas for athletes, referees, timekeepers.
- The cloak-up service will consist of a pre-planned area of all hygiene measures for covid prevention.
- The runners will be able to carry out the recognition of the circuit or part of it if they do it individually.
- The exit of the vertical L'Olla will correspond in a single drawer because there are only 120 participants and there is enough space to guarantee the separation during the race.
- The start of the online races of L'Olla de Núria (Olla Clàssica, Olla Junior and Olletes) will take place in different drawers of maximum 100 participants. The departure time between drawers will be 2 minutes apart.
- The exit area will be duly marked and separated in different drawers with the corresponding numbers for each space. Each drawer will have a marked point for each runner to ensure the 2m space between each runner.
- Athletes must wear a mask while in the starting drawers and can only be removed once the race has started. Upon arrival they will be put back once past the finish line.
- The step controls and intermediate time points will be wider than usual and separated from the public with tapes.
- At all controls there will be personnel from the organization.
- Upon arrival it is necessary to avoid the crowding of the runners, these will be immediately removed from the finish line towards more peripheral areas.