

Regulations to Combat the Spread of Covid-19 at a Sports Event

Developed by “Courage to be the First” Corporate Fund

The document is based on the standards and requirements published by the **Ministry of Health of the Republic of Kazakhstan, the World Health Organization (WHO) and the Track-and-Field Athletics Federation of the Republic of Kazakhstan.**

Participants of the Almaty Marathon 2021 shall observe and strictly follow the measures below when they participate in competitions amid the coronavirus pandemic in order to ensure their safety and safety of all other participants of the sports event.

ISSUANCE OF STARTER KITS

In order to make the issuance of starter kits safe, participants shall take the following safety measures:

- Do not prevent temperature measurements compulsory for all visitors of the starter kit issuance zone. People with a temperature of 37 degrees and above or people with signs of respiratory infections are not allowed to visit the zone.
- All visitors of the starter kit issuance zone must wear a face mask and gloves.
- Each participant shall come strictly by the time allowed for him/her. Each participant will have no more than 3 minutes to receive a starter kit. The number of people per hour will be calculated based on the total area of the starter kit issuance zone. At least 4 m² must be allocated for each person for 3 minutes.
- Organizers will strictly check the flow of visitors for social distancing. A participant shall maintain a distance of 1.5-2 m from other participants of the sports event.
- Participants shall fill in a health questionnaire and specify his/her diseases, if any.
- People with chronic diseases and those who have recovered from coronavirus, but did not wait out the two-week incubation period, are not allowed to participate in the competition.
- Participants are recommended to take a PCR test for coronavirus. In case of a positive test, the participant must elect not to participate in the sports event.

PARTICIPATION IN THE COMPETITION

In order to make participation in the competition safe, participants shall take the following safety measures:

- Do not prevent temperature measurements compulsory for all visitors of the starter kit issuance zone. People with a temperature of 37 degrees and above or people with signs of respiratory infections are not allowed to visit the zone.
- All participants shall wear face masks when entering the start camp.
- Spectators are recommended to refrain from cheering the runners at the start and finish.

- A participant shall keep a distance of 1.5-2 m from other participants in the start and finish camps.

- Starting runners will be separated by time, age. The start time will be announced to the participants in advance in order to avoid crowding.

- Water will be given in a bottle and a medal will be given right into hands at the finish.

- Runners are recommended to come already in sportswear to avoid changing their clothes and using common cloak-rooms.

- Each participant will receive a medical mask at the finish and shall wear the mask at all times in the territory of the sports event.

- Runners are recommended to keep the right side of the track when running.

- Participants shall take part in an online briefing prior to the race in order to become familiar with the basic safety measures during the competition. Furthermore, participants shall also acknowledge and observe the rules announced through social media, website and e-mailed newsletters of the Almaty Marathon.

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