**The Runner's Charter – Post Covid-19 Regulation**

Bearing in mind that taking part in any events means strictly upholding the govermental public health regulation as well as the organisation no-pollution endeavor, I hereby declare that, as a runner of the 2020 Ubaye Trail Salomon, I will :

1/ Respect the safety mesures during the event, especially in closed, half-closed and crowded places (wearing a mask, washing hands, social distancing).

2/ Stricly respect the rules of the events and any sanitary mesures implemented by the organisation :

\*Wearing a mask in the starting area, and put it back on again after finishing the run, on my way out.

\*Respect social distancing as much as possible while running, using all the space available.

\*Not spiting on the ground.

\*Use single-use tissues and dispose of them in a waste bin afterward.

\*Not littering

\*Bring yourelderlies own liquid container (bottle, cup, water bag etc)

3/ Avoid physical contact with the other runners.

4/ Keep in mind that taking part in such a large gathering of people might contribute to spread the desease further if health mesures aren't respected.

5/ Keep in mind a part of the population is more vulnerable to the decease (elderlies, people with chronical sickness, pregnant women).

6/ Get a medical check up if I show early symptoms of Covid-19 in the weeks or months before the run, and check if my condition is compatible with the event, especially considering high altitude and difference in heigh.

7/ Not run if I have shown any symptoms of Covid-19 during the 2 weeks before the run.

8/ Inform the organisation's Covid-19 departement in case of desease after the run.

9/ Download the app « StopCovid » and register if possible before taking part to the event.

10/ Favor events close from where I live, therefore limitating my transportations.

Date and signature

Name, surname