

The Runner's Charter – Post Covid-19 Regulation

Bearing in mind that taking part in any events means strictly upholding the governmental 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 measures during the event, especially in closed, half-closed and crowded places (wearing a mask, washing hands, social distancing).
- 2/ Strictly respect the rules of the events and any sanitary measures 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 spitting on the ground.
 - *Use single-use tissues and dispose of them in a waste bin afterward.
 - *Not littering
 - *Bring your 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 disease further if health measures aren't respected.
- 5/ Keep in mind a part of the population is more vulnerable to the disease (elderlies, people with chronic illness, 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 height.
- 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 department in case of disease 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 limiting my transportations.

Date and signature

Name, surname