

The UTMF2022 Operation Policy on the Prevention of COVID-19 (ver. 3 0301)

All racers must accept and comply with the UTMF2022 Operation Policy on the Prevention of COVID-19.

I. Racers

[Notes on registration]

- Prospective racers of the UTMF2022 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 or UTMF2021 (racers who had the right to run in the UTMF2020 or UTMF 2021 in all categories including the donation-based entry and general category entry) will receive priority entry rights for the UTMF2022 or UTMF2023. 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.
- We strongly encourage all racers to have taken two shots of COVID-19 vaccination by at least 14 days prior to the race.
- The eligibility requirements for the UTMF2022 are as follows.

- Racers must be living in Japan at the time of the race entry and eight days prior to the racer registration day^{*1} as a ground rule.

- Racers must take an antigen test (fee: 1,500 yen) carried out by the organizer on the day of the racer registration and have a negative result. ^{*2}

- 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 International Trail Running Association (ITRA) and have earned points described below. The races must have been completed within the last two years (from January 6, 2020) up until the day before the start date of the race registration for the general category (January 06, 2022).

However, at least one of these races must have been completed within one year (from January 6, 2021) up until the day before the registration start date (January 6, 2022).

- The UTMF165k: 10 points or more from up to three races*

- The KAI65k: 3 points or more from up to two races*

* As a special exception, finishers of the Virtual UTMF 2021 will be eligible to participate.

(Date of the Virtual UTMF2021: April 19-25, 2021 / 6 points)

- Registered racers of the UTMF2020 or UTMF2021 (in any of the categories including the donation-based entry and general category entry)

*1: The day of the entry to Japan is not included.

*2: In case of a positive result, the racer will not be allowed to participate in the race. Such racers will receive the right to participate in the UTMF2023. In such case, no additional entry fee will be required. Please seek medical attention on your own as soon as possible.

○ 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 race T-shirt will be sent to all eligible participants. (* Virtual UTMF will be planned.)

[Precautions prior to the race]

○ Prospective racers of the UTMF2022 and their family members or those living in the same household as the racers should take precautionary measures on a daily basis to prevent COVID-19 infection.

○ Racers are required take and record temperature for two weeks prior to the race (starting on April 8, 2022 for the UTMF165k, or April 9, 2022 for the KAI69k) and submit the records to the race office. (Details will be announced later.)

In addition, please seek medical attention if any of the following apply to you during the above period.

- Fever that exceeds normal temperature (above 37.5°C)
- Abnormal body condition (e.g. cold-like symptoms such as coughing and sore throat, fatigue (lethargy), shortness of breath, difficulty breathing, loss of taste or smell, muscle or body aches, nausea or vomiting, etc.)
- Being in close contact with a person who has been tested positive for COVID-19

○ Conditions for participation for racers who have been tested positive for COVID-19.

Racers who have been tested positive for COVID-19 will only be allowed to participate if they meet one of the following conditions.

< For symptomatic patients >

- ① By the racer registration date (April 21 for the UTMF 165k, April 22 for KAI 69k), at least ten days have passed since the onset of the symptom and at least 72 hours have passed since the remission of the symptoms.
- ② A racer is confirmed to be COVID-19 negative prior to the racer registration day by taking two PCR tests – the first one at least 24 hours after the remission of the symptoms and the second one at least 24 hours after the first test.

< For asymptomatic COVID-19 patients >

- ① More than ten days have passed from the specimen collection date (the date when the specimen that was tested positive was collected) before the racer registration date.

- ② After the sixth day of the specimen collection date and before the racer registration date, two PCR tests shall be taken at least 24 hours apart, and the test results shall be both negative.

- Conditions of participation for racers who have been classified as “close contacts”

Racers who have been classified as “close contacts” will only be allowed to participate if they meet one of the following conditions.

- Date when the person tested positive started experiencing symptoms (or the specimen collection date if the person tested positive is asymptomatic)
- Date when the racer started infection control measures in response to the onset of the symptoms in the person tested positive, etc.^{*1}

*1: The infection control measures referred to here include daily measures to prevent the spread of infection such as wearing masks, washing hands, disinfecting fingers, avoiding sharing items, and disinfecting items.

Among the above, whichever the latest is considered day zero, and at least nine days must have been passed before the racer registration date.

- Please refer to the Conditions to Participate in the UTMF 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. (*Except when the antigen test taken on the racer registration date comes out positive)

[Precautions on 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 to check temperature 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-19

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.

○ All trash generated at the race venue must be discarded only in designated trash bins.

○ If a trash contain 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 to check temperature 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 at the following locations during the race.
 - When waiting in line at the start area.
 - In aid stations (except while eating or drinking)
 - Nap room (* for the UTMF 165k racers only, U4 Fuji Kawaguchiko Town, Lake Shojiko (indoor), U5 Fujikyu Highland (drop bag aid/outdoor tent), U7 Yamanakako (outdoor tent), U9 Fujiyoshida (outdoor tent)
 - Race venue after the finish

* Wearing a face mask is not required during the race other than the above areas.

- Please keep as much physical distance between you and other people as possible 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. Please wash your hands, gargle, and disinfect your hands frequently.

[Precautions at aid stations]

- Be sure to sanitize your hands before entering the aid station.
- Please follow instruction of the aid station staff on eating and drinking.
- Racers are responsible for taking food and drinks provided at the aid stations on their own without the help of aid station staff.

- Aid station staff are not allowed to touch the racers, their equipment, or their trash to prevent infection.
- All trash generated at the aid station and water station must be discarded only in designated trash bins.
- If a trash contain 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 race course).
- The number of people in the nap rooms may be temporarily limited to prevent overcrowding. Please follow instruction of the staff.
- Nap rooms are only available for UTMF 165k racers to avoid creating crowded conditions.
- No blankets or other items will be provided to racers in the nap rooms and first-aid stations to prevent infection.
- The nap time is limited to one hour per racer except at U4 Shojiko (indoor).

[Precautions for spectators and private supporters (the UTMF165k only)]

- Detailed guidelines for spectators and private supporters will be announced later.
- Spectators and private supporters are required wear a mask.
- Cheering for racers outside of designated areas is prohibited.
- Please keep as much physical distance from other people while cheering for the race.
- Private supporters are allowed at designated aid stations (U2 Fumoto, U4 Fuji Kawaguchiko Shojiko, U5 Fujikyū Highland, and U7 Yamanakako). ○ Try to keep as

much distance as possible from the people around you to avoid creating crowded situations.

- Cheering and talking in loud voice or 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. (i.e. Providing so-called personal aid is not allowed.)

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

The organizer may 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. (* The race organizer might plan a Virtual UTMF as a substitute. Also, refund criteria in case of cancellation or course change is under consideration.)

1. If requested by the national or municipal government to suspend the race due to the impact of the spread of COVID-19.
2. When a weather warning is issued
3. When a landslide or rock fall occurs on the course and makes it impossible to ensure the safety of racers and staff members.
4. When a natural disaster occurs, including when a large earthquake warning is issued in the area.
5. When there is a possibility of damaging the natural environment due to the passage of racers under stormy weather

6. When the organizer decides that the race should be canceled for any other reasons

7. 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, it will also be sent by SMS to each racer's registered mobile phone number.

[Precautions after the race]

○ If a racer tests positive for COVID-19 or show cold-like symptoms such as fever and coughing within two weeks of the end of the race, please report to the race organizer as soon as possible and also report whether someone has been in close contact with you during the race.

[Disclaimer]

○ The race organizer does not hold any responsibility for the COVID-19 infection to any person involved in this race.

II. Private supporters

- The UTMF165k allows private support by family or friends in designated aid stations:
U2 Fumoto, U4 Fuji Kawaguchiko Shojiko, U5 Fujikyu Highland, and U7
Yamanakako.
- **In the UTMF2022, private supporters are required to pre-register and go through registration and antigen testing on the day before the race.**
- **Please note that no support bus service is scheduled for this year's race.**
- Details for private supporters will be announced at a later date.

[Notes on the race entry]

○ The eligibility requirements for the UTMF2022 are as follows.

- Private supporters must be living in Japan at the time of the race entry and eight days prior to the racer registration day (not counting the date of the entry to Japan).

- Private supporters must take an antigen test (extra fee required) carried out by the race organizer on the day of the racer registration and have a negative result.

- Men and women 18 years of age or older on the day of the race.

○ Entry period: Scheduled to begin in early March 2022

○ Entry fee: 2,000 yen (including tax, antigen test fee, and registration fee)

* Each racer is allowed to have multiple supporters. In that case, a registration fee of 500 yen per additional supporter will be charged.

○ Date and time of registration

12:00 to 19:30, Thursday, April 21, 2022 at Fujikyu Highland Conifer Forest

(Fujiyoshida City, Yamanashi Prefecture)

11:00 to 14:00, Friday, April 22, 2022 at Fujisan Kodomonokuni (Fuji City, Shizuoka Prefecture)

[Precautions prior to the race]

- Prospective participants of the UTMF2022 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.
- Participants are required take and record a temperature two weeks prior to the race (starting on April 8, 2022 for the UTMF165k, or April 9, 2022 for the KAI69k) and submit the records to the race office. (Details will be announced later.)

In addition, please seek medical attention if any of the following apply to you during the above period:

- Fever that exceeds normal temperature (above 37.5°C)
- Abnormal body condition (e.g. cold-like symptoms such as coughing and sore throat, fatigue (lethargy), shortness of breath, difficulty breathing, loss of taste or smell, muscle or body aches, nausea or vomiting, etc.)
- Being in close contact with a person who has been tested positive for COVID-19
- Conditions for participation of individuals who have been tested positive for COVID-19.

Individuals who have been tested positive for COVID-19 will only be allowed to participate if they meet one of the following conditions.

< For symptomatic patients >

- ① By the racer registration date (April 21 for the UTMF 165k, April 22 for KAI 69k), at least ten days have passed since the onset of the symptom and at least 72 hours have passed since the remission of the symptoms.
- ② A racer is confirmed to be COVID-19 negative prior to the racer registration day by taking two PCR tests – the first one at least 24 hours after the remission of the symptoms and the second one at least 24 hours after the first test.

< For asymptomatic COVID-19 patients >

- ① More than ten days have passed from the specimen collection date (the date when the specimen that was tested positive was collected) before the racer registration date.
- ② After the sixth day of the specimen collection date, two PCR tests are taken at least 24 hours apart, and the test results are both negative before the racer registration date.

○ Conditions of participation for racers who have been classified as “close contacts”

Racers who have been classified as “close contacts” will only be allowed to participate if they meet one of the following conditions.

- Date when the person tested positive started experiencing symptoms (or the specimen collection date if the person tested positive is asymptomatic)
- Date when the racer started taking infection control measures in response to the onset of the symptoms in the person tested positive^{*1}

*1: The infection control measures referred to here include daily measures to prevent the spread of infection such as wearing masks, washing hands, disinfecting fingers, avoiding sharing items, and disinfecting items.

Among the above, whichever the latest is considered day zero, and at least nine days must have been passed before the racer registration date.

[Precautions on day before and during the race]

- Sensors will be used to check temperature 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-19 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.
- All trash generated at the race venue must be discarded only in designated trash bins.
- If a trash contain 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 nap rooms may be temporarily limited to prevent overcrowding. Please follow instruction of the staff.
- Sensors will be provided at the entrance of the support areas to check temperature. Anyone with a temperature of 37.5°C or higher will not be allowed to enter the support area or provide support to racers.

[Cautions on support]

- Be sure to sanitize your hands before entering the aid station.
- Be sure to wear masks while in the aid station.

- Supporters are allowed to provide support to pre-registered racers only.
- Please keep as much physical distance between you and other people as possible while providing support.
- Supporters are encouraged to carry their own disinfecting wipes, alcohol spray, etc. Please wash your hands, gargle, and disinfect your hands frequently.
- Entrance to the official aid area is not allowed.
- Aid station staff are not allowed to touch the racers, their equipment, or their trash to prevent infection.
- All trash generated while providing support must be discarded only in designated trash bins.
- If a trash contain 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).
- No blankets will be provided to racers in the nap rooms and first-aid stations to prevent infection.

[Precautions after to the race]

- If a supporter tests positive for COVID-19 or show cold-like symptoms such as fever and coughing within two weeks of the end of the race, please report to the race organizer as soon as possible and also report whether someone has been in close contact with you during the race.

[Disclaimer]

○ The race organizer does not hold any responsibility for the COVID-19 infection to any person involved in this race.

III. Volunteer staff

[Eligibility]

○ Those who live in Japan eight days prior to the first day of participation as a volunteer (not counting the day of the entry to Japan).

- Volunteers must have completed the COVID-19 vaccination two times by at least 14 days prior to the race or a take a PCR test immediately prior to the race (within 72 hours of the start of the race) and submit a negative result.

○ 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 the race.

* The race organizer will provide masks and face shields to use during the race.

[Precautions prior to the race]

○ Participants of the UTMF2022 and their family members or those living in the same household as the participants should take precautionary measures on a daily basis to prevent COVID infection.

○ Participants are required take and record a temperature two weeks prior to the race and submit the records to the race office. (Details will be announced later.)

In addition, please seek medical attention if any of the following apply to you during the above period:

- Fever that exceeds normal temperature (above 37.5°C)

- Abnormal body condition (e.g. cold-like symptoms such as coughing and sore throat, fatigue (lethargy), shortness of breath, difficulty breathing, loss of taste or smell, muscle or body aches, nausea or vomiting, etc.)

- Being in close contact with a person who has been tested positive for COVID-19
- Conditions for participation of racers who have been tested positive for COVID-19.

Individuals who have been tested positive for COVID-19 will only be allowed to participate if they meet one of the following conditions.

< For symptomatic patients >

- ① By the racer registration date (April 21 for the UTMF 165k, April 22 for KAI 69k), at least ten days have passed since the onset of the symptom and at least 72 hours have passed since the remission of the symptoms.
- ② The person is confirmed to be COVID-19 negative prior to the racer registration day by taking two PCR tests – the first one at least 24 hours after the remission of the symptoms and the second one at least 24 hours after the first test.

< For asymptomatic COVID-19 patients >

- ① More than ten days have passed from the specimen collection date (the date when the specimen that was tested positive was collected) before the racer registration date.
- ② After the sixth day of the specimen collection date, two PCR tests are taken at least 24 hours apart, and the test results are both negative before the racer registration date.

- Conditions of participation for racers who have been classified as “close contacts”

Individuals who have been classified as “close contacts” will only be allowed to participate if they meet one of the following conditions.

- Date when the person tested positive started experiencing symptoms (or the specimen collection date if the person tested positive is asymptomatic)
- Date when the racer started infection control measures in response to the onset of the symptoms in the person tested positive, etc.*¹

*¹: The infection control measures referred to here include daily measures to prevent the spread of infection such as wearing masks, washing hands, disinfecting fingers, avoiding sharing items, and disinfecting items.

Among the above, whichever the latest is considered day zero, and at least nine days must have been passed before the racer registration date.

[Precautions for volunteer activities]

- Be sure to wear masks during volunteer activities.
- Volunteers are not allowed to touch the racers, their equipment, or their trash to prevent infection.
- Please keep as much physical distance between you and other people as possible.
- Participants are encouraged to carry their own disinfecting wipes, alcohol spray, etc. Please wash your hands, gargle, and disinfect your hands frequently.
- All trash must be discarded only in designated trash bins.
- If a trash contain 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).

[Disclaimer]

- The race organizer does not hold any responsibility for the COVID-19 infection to any person involved in this race.

IV. Exhibitors and supporters

[Precautions prior to the race]

- Exhibitors and supporters should take the same precautionary measures as racers to prevent COVID infection on a daily basis.
- We strongly encourage all exhibitors and supporters to have taken two shots of COVID-19 vaccination by at least 14 days prior to the race.
- We strongly encourage exhibitors and supporters to check temperature and otherwise take care of health conditions for two weeks prior to the event.

In addition, please seek medical attention if any of the following apply to you during the above period:

- Fever that exceeds normal temperature (above 37.5°C)
 - Abnormal body condition (e.g. cold-like symptoms such as coughing and sore throat, fatigue (lethargy), shortness of breath, difficulty breathing, loss of taste or smell, muscle or body aches, nausea or vomiting, etc.)
 - Being in close contact with a person who has been tested positive for COVID-19
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- Conditions for participation of exhibitors and supporters who have been tested positive for COVID-19

Exhibitors and supporters who have been tested positive for COVID-19 will only be allowed to participate if they meet one of the following conditions:

< For symptomatic patients >

- ① By the race date (April 21 for the UTMF 165k, April 22 for KAI 69k), at least ten days have passed since the onset of the symptom and at least 72 hours have passed since the remission of the symptoms.

- ② The participant is confirmed to be COVID-19 negative prior to the racer registration day by taking two PCR tests at least 24 hours after the remission of the symptoms and at least 24 hours apart between each test.

< For asymptomatic COVID-19 patients >

1. More than ten days have passed from the specimen collection date (the date when the specimen that was tested positive was collected) before the day when you show up at the race.
2. After the sixth day of the specimen collection date and before the day you participate in the race, two PCR tests shall be taken at least 24 hours apart, and the test results shall be both negative.

○ Conditions of participation for those who have been classified as “close contacts”

Those who have been classified as “close contacts” will only be allowed to participate if they meet one of the following conditions.

- Date when the person tested positive started experiencing symptoms (or the specimen collection date if the person tested positive is asymptomatic)
- Date when the participant started infection control measures in response to the onset of the symptoms in the person tested positive, etc.*¹

*¹: The infection control measures referred to here include daily measures to prevent the spread of infection such as wearing masks, washing hands, disinfecting fingers, avoiding sharing items, and disinfecting items.

Among the above, whichever the latest is considered day zero, and at least nine days must have been passed before the racer registration date.

[Precautions on day before and during the race]

- Sensors will be used to check temperature 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 constantly practice COVID-19 prevention measures and follow instructions of the staff on how to proceed through the race venues.
- Everyone is required wear a mask at the registration area and the race venue.
- All trash generated at the race venue must be discarded only in designated trash bins.
- If a trash contain 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.

[Disclaimer]

- The race organizer does not hold any responsibility for the COVID-19 infection to any person involved in this race.

V. Members of the press

- In the UTMF2022, members of the press are required to pre-register and go through registration and antigen testing.

- Please note that press bus service is not scheduled for this year's race.
- Details on press registration will be announced on a later date.

[Press registration eligibility]

○ The eligibility requirements for the UTMF2022 are as follows:

- Individuals who live in Japan at the time of the race entry and eight days prior to the racer registration day (not counting the date of the entry to Japan).
- Individuals who accept taking an antigen test (cost extra required) carried out by the race organizer on the day of the racer registration and submitting a negative result.
- Men and women 18 years of age or older on the day of the race.
- Individuals who are involved in media-related work.

○ Registration fee

2,000 yen per person (including tax, antigen test fee, and registration fee)

* The fee is required for those who will work as the member of the press within the designated racer zones and aid stations. No registration fee is required for individuals who will not enter the designated racer zones or aid stations.

[Precautions prior to the race]

- Prospective participants of the UTMF2022 and their family members or those living in the same household as racers should take precautionary measures on a daily basis to prevent COVID-19 infection.
- Participants are required take and record a temperature two weeks prior to the race (starting on April 8, 2022 for the UTMF165k, or April 9, 2022 for the KAI69k) and submit the records to the race office. (Details will be announced later.)

In addition, please seek medical attention if any of the following apply to you during the above period:

- Fever that exceeds normal temperature (above 37.5°C)
 - Abnormal body condition (e.g. cold-like symptoms such as coughing and sore throat, fatigue (lethargy), shortness of breath, difficulty breathing, loss of taste or smell, muscle or body aches, nausea or vomiting, etc.)
 - Being in close contact with a person who has been tested positive for COVID-19
- Conditions for participation of individuals who have been tested positive for COVID-19.

Individuals who have been tested positive for COVID-19 will only be allowed to participate if they meet one of the following conditions:

< For symptomatic patients >

- ① By the race date (April 21 for the UTMF 165k, April 22 for KAI 69k), at least ten days have passed since the onset of the symptom and at least 72 hours have passed since the remission of the symptoms.
- ② The participant is confirmed to be COVID-19 negative prior to the racer registration day by taking two PCR tests – the first one at least 24 hours after the remission of the symptoms and the second one at least 24 hours after the first test.

< For asymptomatic COVID-19 patients >

1. More than ten days have passed from the specimen collection date (the date when the specimen that was tested positive was collected) before the day when you show up at the race.
2. After the sixth day of the specimen collection date and before the day you participate in the race, two PCR tests shall be taken at least 24 hours apart, and the test results shall be both negative.

○ Conditions of participation for those who have been classified as “close contacts”

Those who have been classified as “close contacts” will only be allowed to participate if they meet one of the following conditions.

- Date when the person tested positive started experiencing symptoms (or the specimen collection date if the person tested positive is asymptomatic)

- Date when the participant started infection control measures in response to the onset of the symptoms in the person tested positive, etc.*¹

*1: The infection control measures referred to here include daily measures to prevent the spread of infection such as wearing masks, washing hands, disinfecting fingers, avoiding sharing items, and disinfecting items.

Among the above, whichever the latest is considered day zero, and at least nine days must have been passed before the racer registration date.

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

○ Sensors will be used to check temperature 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-19 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.
- All trash generated at the race venue must be discarded only in designated trash bins..
- If a trash contain 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.

[Precautions related to press activities]

- Any kind of support activities (including providing information on race conditions) to competitors are prohibited. Racers may be disqualified or penalized if they are found to be receiving unauthorized support.
- Be sure to sanitize your hands before entering the aid station.
- Be sure to wear masks while in the aid station.
- Only pre-registered members of the press are allowed to work as the press.

- Please keep as much physical distance between you and other people as possible while working.
- Racers are encouraged to carry their own disinfecting wipes, alcohol spray, etc. Please wash your hands, gargle, and disinfect your hands frequently.
- Members of the press are not allowed to touch the racers, their equipment, or their trash to prevent infection.
- All trash must be discarded only in designated trash bins.
- If a trash contain 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).

[Precautions after the race]

- If you are tested positive for COVID-19 or show cold-like symptoms such as fever and coughing within two weeks of the end of the race, please report to the race organizer as soon as possible and also report whether someone has been in close contact with you during the race.

[Disclaimer]

- The race organizer does not hold any responsibility for the COVID-19 infection to any person involved in this race.