



# **The Ultra-Trail Mt. Fuji 2023**

## **The UTMF Operation Policy on the Prevention of COVID-19**

Ver. 1, October 18, 2022

The ULTRA-TRAIL Mt. FUJI Race Committee

All participants, including racers, staff, volunteers, vendors, and others in the UTMF2023 must agree to and abide by the UTMF Operation Policy on the Prevention of COVID-19 described in this document.

- Prospective racers of the UTMF2023 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.
- Please note that the UTMF2023 may be canceled if a local government makes a request to cancel the race due to the surge in COVID-19 cases.
- Please note that if the race is canceled due to the surge in COVID-19 cases, no refunds will be given for the entry fee. However, participation prizes will be sent to all eligible participants.

[Precautions prior to the race]

- Prospective racers of the UTMF2023 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.
- Racers, staff members, and volunteers are required to start taking their temperature ten days prior to the race and recording it on the designated form (to be provided at a later date). Racers must submit the form at the racer registration desk on the day before the race.

[About withdrawing from the UTMF2023]

If any of the following applies to you, you must withdraw from participating in the UTMF2023

- you are tested positive for COVID-19, and your treatment has not been ended;
- you have entered Japan from a country or area designated by the Ministry of Health, Labour and Welfare of Japan or the Quarantine Station, and your designated isolation period has not ended; and
- any of the following applies to you within ten days prior to the race day:
  - you are identified as a close contact to a person who is tested positive for COVID-19;
  - a person who lives in the same household as you are tested positive for COVID-19;
  - your temperature is 37.5°C or higher; and
  - you experience new symptoms such as coughing, fatigue, abnormal sense of smell or taste, sore throat, headache, muscle or body aches, diarrhea, etc.

\* You will be asked to submit the designated form at the racer registration, and staff member will check whether you have fever or any of the symptoms. Regardless of whether

or not you are participating in the race, we recommend that you seek medical attention if you have a fever or any other symptoms.

No refunds will be given if the above conditions apply to you, and you withdraw from the race.

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

- Those who use a bus to the racer registration area and race venues 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 racer registration area and the race venues. Anyone with a temperature of 37.5°C or higher are not allowed to enter. This applies to everyone including the racers, supporters, spectators, vendors in the exhibition, and volunteer staff.
- Please practice COVID prevention measures at the registration area and equipment check area and follow instructions of the staff on how to proceed through the areas.
- In indoor areas such as changing rooms, please be sure to wear a surgical mask that is effective in preventing droplet dispersion and cover your nose and mouth.
- If you cannot keep enough distance (two meters) from other people at outdoor registration areas or other race venues, be sure to wear a surgical mask that covers your nose and mouth to prevent droplet dispersion.
- 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, 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 instructions 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 bus tour fee or race entry fee if a racer is not allowed to board a bus or run the race.

[Precautions during the race]

- During the race, please have a mask with you and wear it when you talk to someone at close range (within two meters).
- Please keep as much distance between you and other people as possible during the race (preferably at least two meters).

- Please do not talk loudly during the race.
- Please do not spit, cough out phlegm, or blow a snot rocket during the race.
- Racers are encouraged to carry their own disinfecting wipes, alcohol spray, etc. and use them accordingly. Please wash your hands and disinfect your hands frequently.

[Precautions at aid stations]

- Please follow instruction of the aid station staff on eating and drinking.
- All trash generated at the aid station must be discarded only in designated trash bins.
- If your trash contains runny nose or saliva, put it in a plastic bag, tie it up, and take it home with you 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).

[Only racers, race staff, and private supporters are allowed at aid stations]

- In order to reduce the risk of COVID-19 as much as possible, only the racers, race staff, and private supporters are allowed to enter the aid stations. (Supporters and spectators are not allowed to support racers outside the designated support areas.)

[Precautions for spectators]

- Please wear a mask if you talk to someone at close range (within two meters).
- Persons not authorized by the race organizer are not allowed to provide food or drink to racers; in other words, setting up a private aid station is not allowed.

[Precautions after to the race]

- If a racer tests positive for COVID-19 or show cold-like symptoms such as fever and coughing within ten days 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.

[Volunteer staff, vendors, and other race-related personnel]

- Volunteers, vendors, and other race-related personnel are asked to follow the same requirements and precautions as the racers.
- Volunteers who are not feeling well are not allowed to participate in the race.
- Please provide your own masks.

[Disclaimer]

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

[Provision of personal information to authorities]

If a COVID infection is confirmed in participants of the UTMF2023 during the race period or within ten days after the race, the race organizer may submit necessary personal information to authorities such as a public health office.

[Additional information]

This policy may be revised in the event of another surge of COVID-19 cases in the future.