

Protection Concept

La Diagonela, January 16th, 2021

Current version of January 8th, 2021 (subject to change)

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INTRODUCTION

For the implementation of La Diagonela we have developed a catalog of measures on the basis of the requirements of the “Federal Office of Public Health” (FOPH) and “Swiss Ski” and after consultation with the Health Department of the Canton of Graubünden to ensure the best possible safety and health of all those involved in our event.

La Diagonela is an important event for the Engadin St. Moritz tourism region and, thanks to its TV presence, has a high international profile. The event is of economic and touristic importance, which is why the local organizing committee and the organizing partner VISMA Ski Classics are interested in a safe and successful implementation.

This protection concept is valid for La Diagonela on January 16th. The protection concept is based on the following principles:

- Ordinance 3 on measures to combat the coronavirus (COVID-19) (COVID-19 Ordinance 3) of the Federal Council of June 19th, 2020 (as of December 18th, 2020)
- New framework for sport (BASPO and Swiss Olympic, May 29th, 2020)
- FOPH hygiene and social distancing rules.
- The protection concept for La Diagonela is in accordance with the measures communicated on December 22th, 2020: Covid-19 Ordinance of the Federal Government and the Canton of Graubünden. The concept corresponds to the current recommendations of the Federal Government, Canton, and associations.

LA DIAGONELA: AIMS

- The health and safety of all those involved, athletes, OC members, volunteers, media representatives, etc., has top priority.
- The OC strictly adheres to the requirements of the Federal Government. Containing and fighting Covid-19 is of paramount importance.
- The processes and rules of the concept are clear and comprehensible. They give the OC and thus the respective department heads security in their approach.

LA DIAGONELA: CHARACTERISTICS

La Diagonela can be characterized as follows:

- Takes place outdoors and in public spaces.
- Occupies public spaces.
- Participants are in constant movement.

- Is divided into separate areas for specific groups: participants, volunteers and other people involved in the organization of the event.
- La Diagonela takes place on January 16th, 2021.
- The participants respect nature, they are disciplined and environmentally-conscious.
- The participants can be given a high degree of personal responsibility. Due to these characteristics, La Diagonela can take place in compliance with the COVID-19 protection goals.

PRINCIPLES

- In the interest of sport and with La Diagonela and the entire population in mind, all those present undertake to consistently implement and adhere to the necessary measures in solidarity and with a high level of personal responsibility.
- Only those who are completely healthy, have no previous illnesses or disease / Covid-19 symptoms or have been in contact with sick people may participate in the event. Persons particularly at risk must observe the specific requirements of the FOPH.
- The minimum distance (1.5 m) applies in the start area to the starting line, on the course and in the finish area. Where this distance cannot be maintained, contact must not exceed 15 minutes. If and where the distance cannot be observed, masks are compulsory.
- Masks are compulsory in the start and finish areas of Zuoz (use of a certified hygiene mask as mouth and nose protection).
- For the purposes of this provision, face masks include respiratory protection masks, hygiene masks and textile masks that provide sufficient protection for third parties. (Scarves or other non-specific textiles are not face masks and are not permitted). The hygiene mask must be changed when it becomes soaked or dirty. Fabric masks are to be washed daily at 60 degrees with a full detergent.
- You must bring your own mask to the start. At the finish, the participants are provided with a fresh mask.

PROTECTION AGAINST TRANSMISSION

The four main routes of transmission of the new coronavirus (SARS-CoV-2) are:

- Close contact: If you maintain a distance of less than 1.5 meters from a sick person.
- Droplets: If a sick person sneezes or coughs, the virus can get directly onto the mucous membranes of a person's nose, mouth, or eyes.

- Hands: Contagious droplets get on the hands when coughing and sneezing or touching the mucous membranes. From there, the virus is transmitted to surfaces where it can be picked up by another person touching this surface. It is then transferred to the mouth, nose, or eyes when touching the face.
- Negligence when wearing masks: Protective masks must be worn correctly (mouth and nose properly covered).

There are four basic principles for preventing transmission:

- Keeping your distance, cleanliness, surface disinfection and hand hygiene.
- Protect particularly vulnerable persons
- Social and professional separation of sick people and people who have had close contact with sick people.
- Obligation to wear a mask

The transmission prevention principles are based on the main transmission routes mentioned above. Transmission through close contact, as well as transmission through droplets can be prevented by keeping a distance of at least 1.5 meters or by using physical barriers. In order to avoid transmission via the hands, regular and thorough hand hygiene by all persons and the cleaning of surfaces that are frequently touched are important.

HEALTH DECLARATION

All participants, accredited supervisors and the members / volunteers involved in the organization of the event must confirm that there has been no contact with persons infected with COVID-19 within the last 14 days before the event. It must also be confirmed that there are no typical acute respiratory symptoms (e.g., cough, sore throat, shortness of breath), feverish sensation, muscle pain or sudden anosmia or ageusia (loss of the sense of smell or taste). If spectators are allowed at the time of the event, they are also only allowed to arrive if the aforementioned symptoms are not present. Those who feel unwell must not attend the event.

LA DIAGONELA : PROTECTIVE MEASURES

<p>Participants</p>	<p>La Diagonela on Saturday, January 16th, 2021</p> <ul style="list-style-type: none"> ▪ Participants are exclusively professional athletes who have registered via VISMA Ski Classics or who have a maximum of 150 FIS points (total number of participants: approx. 50 women and approx. 120 men).
<p>Before the event</p>	<ul style="list-style-type: none"> ▪ Participants will receive the protection concept and the health-form (see last page) by email. In addition, the protection concept will be made available for download in German and English on the website www.ladiagonela.ch. ▪ Participants with a previous illness, with disease / Covid-19 symptoms (including cough or fever) or who have been in contact with people suffering from Covid-19 and are in quarantine are not allowed to take part in La Diagonela. ▪ All athletes and staff must present a negative PCR test (maximum 72 hours old) for entry into Switzerland. ▪ For the setup and takedown work for La Diagonela, volunteers, the OC and all other people involved with Ski Classics are required to wear a mask and observe the distance rule of 1.5 meters.
<p>Getting there</p>	<ul style="list-style-type: none"> ▪ Arrival by car or public transport to the start. When traveling by public transport, the relevant precautionary measures of the respective transport company must be observed.
<p>Race-day minus 1</p>	<ul style="list-style-type: none"> ▪ On Friday, 15th January 2021, all athletes and staff must take a rapid test in Zuoz (Restaurant Sur En). The test will be carried out by the Mobile Test Centre. The rapid test is voluntary for volunteers, but recommended for the entire OC. ▪ A negative test result enables participants to start at La Diagonela on 16th January 2021.

	<ul style="list-style-type: none"> ▪ If the test result is positive, a second rapid test will be carried out. If the second test result is also positive, the athlete / staff member must spend 10 days in isolation in Switzerland. <p>Quarantine/isolation cases may only leave after consultation with the Covid Care Team.</p>
Start area	<ul style="list-style-type: none"> ▪ Entry control by an ISO-certified security service throughout the day at the entrance to the start/finish area. ▪ Only athletes with a start number or with an official La Diagonela accreditation are admitted. ▪ Admission to the start area only with an official La Diagonela accreditation by: volunteers, OC members, doctor / paramedics, TV personnel, VISMA Ski Classics staff, timing personnel, coaches, service technicians for athletes and the athletes themselves. ▪ Spectators have no access to the start / finish area. ▪ Mask compulsory in the start / finish area. ▪ The distance rule must be observed at all times in the entire start / finish area (1.5 meters away). ▪ Disinfectants are made available. ▪ No refreshments will be available in the start area.
Info Point/Voluntari Point	<ul style="list-style-type: none"> ▪ The Info Point as well as the Voluntari Point (Volunteer Point) at La Diagonela will be set up with the necessary distance regulations.
Sanitary facilities start / finish area	<ul style="list-style-type: none"> ▪ Portable toilets are set up. These are regularly disinfected by volunteer staff.
First aid / doctor start / finish area	<ul style="list-style-type: none"> ▪ A senior doctor, paramedics and Samaritans are stationed in the start / finish area. They wear gloves and a face mask.

Waste bins start/finish area	<ul style="list-style-type: none"> ▪ There will be sufficient waste bins in the start/finish area for the disposal of handkerchiefs and masks.
Late registration	<ul style="list-style-type: none"> ▪ Late registrations are not possible.
Handing over of start numbers / return of signed health form.	<p>The start numbers, chip and accreditation (badge) for the entrance on race day will be handed over on Friday, 15th January, 2021. Athletes, Staff and volunteers incl. OC will be informed in advance of the time window when they will undergo the rapid test. The athletes, staff and volunteers incl. OC will hand in the signed health form on this occasion.</p> <p>The accreditation / badge for access to the start/finish area on Saturday, 16.01.2021 will be issued on Friday, 15.01.2021 if:</p> <ul style="list-style-type: none"> ▪ The rapid test is negative. ▪ Health form has been signed. <p>Distance regulations apply when handing over the material as well as the test. Disinfectant will be provided. A protective mask must be worn.</p>
Start refreshments	No beverages or food are available at the start.
Start procedure	<p>La Diagonela start procedure, January 16th, 2021</p> <ul style="list-style-type: none"> ▪ 8:00 a.m. Start Elite Women (approx. 50 women) ▪ 8:30 a.m. Start Elite Men (approx. 120 men) ▪ Athletes are divided into the starting blocks 10 minutes before the start. ▪ Masks are collected and disposed of by volunteers 5 minutes before the start.
On the course	<ul style="list-style-type: none"> ▪ Whenever possible, keep a distance of 1.5 meters during the race. ▪ During the race try, if at all possible, to cough or sneeze into the crook of the arm.

Refreshments on the course	<ul style="list-style-type: none"> ▪ As the organizer, La Diagonela does not hand out any refreshments on the course. ▪ The teams must cater for themselves during the race. In the case of self-catering or catering by relatives / team managers, proper distancing must be maintained whenever possible. Relatives / team managers have to wear masks when providing for athletes (en-route). ▪ It is recommended that participants have sufficient refreshments (bars, gel) with them at all times.
Pole service on the course	<p>Pole service is available on the course. Proper distancing is to be observed whenever possible. Volunteers doing pole service wear gloves and a face mask.</p>
Ambulance / doctor on the course	<ul style="list-style-type: none"> ▪ Samaritans are stationed along the course. They wear gloves and a face mask.
Speaker on the course	<ul style="list-style-type: none"> ▪ On the course, no speaker will comment on the race. This is to prevent a crowd of spectators at critical points.
Contact tracing	<ul style="list-style-type: none"> ▪ To ensure contact tracing on the course, 6 tracking mats will be distributed on the course. Thanks to these mats, each athlete and his or her environment can be clearly localized in time. Contact details will also be recorded in advance (surname, first name, email, phone number). This allows these persons to be located in the event of prolonged contact with a positive person.
Spectators	<ul style="list-style-type: none"> ▪ None are permitted. In the public area along the course, the maximum permissible number for spontaneous gatherings applies in compliance with the distance and hygiene rules of the FOPH. An appeal is made to their personal responsibility in this regard. At neuralgic points (e.g. sprint) spectators will be asked by track marshals to move away from the event. A corresponding notice will be placed on the website. The event will be broadcast live on the website www.ladiagonela.ch. Spectators should watch the event on the screen.

	<ul style="list-style-type: none"> ▪ The start and finish area will be separated by a 1.8 m-high spectator screen.
Finish Area	<ul style="list-style-type: none"> ▪ For reasons of safety and space, the finish will be moved from the village of Zuoz to La Resgia (start area).
Finish	<p>The finish time of each athlete will be recorded when they cross the finish line. Athletes will then pass through two zones. Only after these two zones can they take off their skis.</p> <ul style="list-style-type: none"> ▪ Zone 1: After the finish, the athlete is given a disposable mask. ▪ Zone 2: The timing chip is taken from the athlete and placed in the chip container. ▪ Zone 3: The athlete can take off their skis. ▪ Zone 4: The athlete is given their bag (volunteers wear gloves and a mask).
Ceremony	There is no ceremony in the finish area.
Interviews	Press interviews can be conducted. Distancing rules must be observed (1.5 meters) and masks must be worn.
Finish Catering	There will be no pavilion, no VIP event, and no catering at the finish area. There are also no showers or changing rooms available.
Massage	There is no massage service.
Ranking List	No boards with start / ranking lists will be set up . These can be viewed online.
Departure	Departure is individual. The protective measures must also be observed on departure.
After the event	For the dismantling work of La Diagonela, volunteers, the OC and Ski Classics staff are required to wear a mask and observe the distancing rule of 1.5 meters.

FURTHER EXPLANATIONS ON THE PROTECTION CONCEPT

START / FINISH AREA: ZONES

Admission to the start / finish area is only possible with a completed form.

The start / finish area is divided into three zones: neutral, red and green. Corresponding accreditations are issued (see Figure 1):

- **Neutral badge zone white:** Admission only with a neutral accreditation (volunteers with corresponding authorization, OC members with corresponding authorization, doctor / paramedics, media with corresponding authorization, TV station personnel, VISMA Ski Classics staff, timing staff, coaches, service technicians for athletes and the athletes themselves)
- **Red zone** Admission only with a red accreditation (volunteers with corresponding authorization, jury, OC members with corresponding authorization, doctor / paramedics, TV station personnel, VISMA Ski Classics staff with corresponding authorization, timing staff, 1 coach per each team and the athletes themselves).
- **Green zone:** Admission only with a green accreditation (athletes and persons with corresponding authorization).

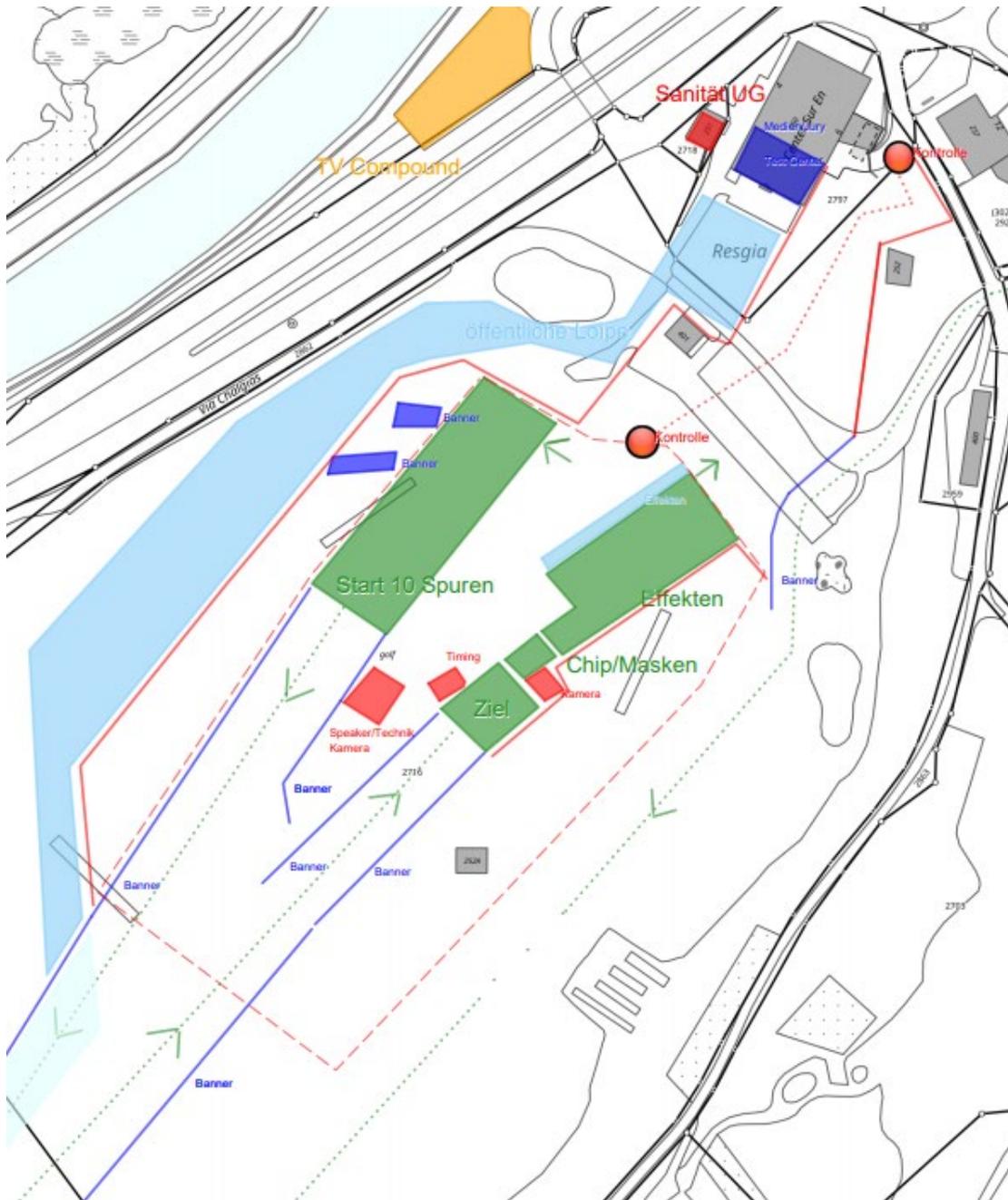


Figure 1: Zoning of the start / finish area Zuoz (as of January 04th, 2021)

ARRIVAL AND DEPARTURE

When arriving / departing by public transport, the relevant precautionary measures of the respective transport company must be observed. The operators are responsible for determining protective measures in public transport (e.g., wearing protective masks). Anyone traveling by train to the start in Zuoz must wear a protective mask!

VOLUNTARI

The volunteers should work alone whenever possible. If this is not possible, they should work in teams of two or four. These teams should stay together whenever possible for the duration of the event.

PROTECTIVE MEASURES - ORGANIZING COMMITTEE (OC)

The members of the OC and the volunteers wear protective masks and gloves. Hand disinfectants are available wherever needed. A distance of 1.5 meters must be maintained wherever possible.

MASK OBLIGATION IN THE START / FINISH AREA

A mask is mandatory throughout the start / finish area.

PROCEDURE FOR MASK DISPENSATION

Persons with a mask dispensation must have a valid medical certificate. These persons will receive a corresponding badge stating that they have a mask dispensation and do not have to wear masks.

The required distance of 1.5 meters between these persons and other persons must be maintained under any circumstances.

INFORMATION

La Diagonela will put up posters and information boards about the applicable rules and precautionary measures (especially at critical points). The participants, volunteers and other people involved in the organization receive instructions in advance with the applicable protective measures. There are regular Covid-19 information announcements via the public address systems in the start / finish area.

RESPONSIBILITIES

The organizer is responsible for issuing and implementing the event-specific protection concept. A corona officer will be designated. Participants, helpers, spectators, media workers, sponsors and partners act independently and in solidarity, towards themselves and all other participants as well as towards the event. The organizer ensures that this appeal is communicated through all channels.

CORONA OFFICER

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GENERAL

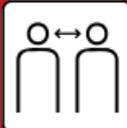
It is important to comply with the hygiene and distance regulations of the FOPH during the entire event. The final regulations will be made available online at www.ladiagonela.ch and will also be sent to all participants by email in good time before the event. The attached section (Health Form) must be physically handed in on Friday, 15th January 2021, on the occasion of the rapid test.

HEALTH-FORM

Covid-19: Important information on the new coronavirus and the rules on hygiene and social distancing.

PROTECT YOURSELF AND OTHERS.  Updated on 3 December 2020

STOP CORONA

 Get together with fewer people.	 Keep your distance.	 Masks compulsory if distancing isn't possible.	 Masks compulsory in publicly accessible indoor and outdoor areas, and on public transport.	 Work from home if possible.
 Wash your hands thoroughly.	 Cough and sneeze into a handkerchief or your elbow.	 Do not shake hands.	 Air out rooms several times a day.	 Spontaneous gatherings of more than 15 people in public spaces are forbidden.
 If you experience symptoms, get tested immediately and stay at home.	 To enable contact tracing, always provide your complete contact information.	 To break chains of infection: download and activate the SwissCovid app.	 If you test positive: isolate. If you have had contact with a confirmed case: quarantine.	 Only go to a doctor's office or an accident and emergency department after making an appointment by phone.

www.foph-coronavirus.ch In certain cantons, stricter rules apply.

 Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra
Swiss Confederation

 Bundesamt für Gesundheit BAG
Office fédéral de la santé publique OFSP
Ufficio federale della sanità pubblica UFSP
Federal Office of Public Health FOPH

Englisch / anglais / inglese / English

Please write clearly in block capitals

I _____ (first name, surname) and _____ telephone number (important) have read and understood the points in the protection concept. I undertake to comply with the rules at all times. With my signature, I expressly declare that I have not had any contact with infected people in the last 14 days and that I am healthy and symptom-free.

Date, _____ signature: _____