

Dear all,

By now you are aware that Corona -virus has become an epidemic issue it was always going to be. This will have some impact on us and our operations in the coming months. Some races will be cancelled and traveling restrictions are possible. Your health is our first priority and as always any unnecessary risks should be avoided.

The biggest risk are the people traveling to events from all over the world including high risk areas. There is also a risk of being isolated if virus is found on the same flight, hotel or area. Therefore extra caution is needed until the virus eventually wears out. For the moment we will continue racing should the races take place unless they are located in the high risk areas.

Please read the below guidelines and act accordingly. These instructions have been put together by using the available public material and by consulting our team and Olympic Committee doctors.

General Instructions for all teams;

- Wash your hands frequently and thoroughly (min 20sec.) with warm water and soap. Use hand sanitizers if washing is not possible.
- Cough / sneeze in the arm fold.
- Use tissue when possible and dispose immediately
- Avoid touching your nose, mouth and eyes.
- Feel free to greet each other as usual - but avoid contact (hand shakes, hugs etc)
- Avoid public and crowded spaces / restaurants etc. and especially people who are seemingly unwell
- Try to avoid unnecessary meetings with other teams / athletes (especially when known to have travelled in the risk areas)
- Limit the number of staff attending TCMs and other official events
- Do not travel to high risk areas, unless absolutely necessary - discuss with team coaches
- Coaches - keep track of athletes' movements and travel in your team
- Coaches - book apartments instead of hotels where possible
- Organize meals in apartments if possible
- For Finish nationals - make a travel notification here; <https://matkustusilmoitus.fi/public.html?command=browse&lang=fi>

If you are or have been traveling in the high risk / epidemic area in the past 14 days;

- All of the above instructions apply
- Pay extra attention to hand hygiene (washing, sanitizers).
- Do not use shared objects such as towels to dry hands etc.
- At the risk area - avoid contact with live animals,
- At the risk area - do not eat meat/ poultry unless thoroughly cooked, vegetables / fruits unwashed etc., milk products unpastorised etc.
- Notify your family / spouses before meeting with them as their employers might have restrictions and stay home policies for family members arriving from risk areas
- Avoid being in contact or meeting with elderly people or people who have previous illnesses including your family members
- Organize a separate accommodation if joining other (SSF) groups or attending a race for 12 days following your departure from risk area (if you are traveling with a group you can keep traveling and lodging together if symptom free)
- It is unlikely there will be restrictions for crossing borders or entry to Finland. However, be prepared to limited access to some events / races (at race organizers discretion)

List of risk areas;

Mainland China, Iran, South-Korea, Italy, Tyrolian ski resorts, and Nordrhein-Westfalen state (Germany).

If you think you might have been exposed to COVID-19 and / or have symptoms of respiratory illness (cough, difficulty breathing, fever), regardless of your location

- Contact 1. a local health care provider (public), 2. your own travel insurance or teams travel insurance provider immediately for instructions (coaches have contact details for the team insurance company)
- Notify team doctor Sikri (+358 40 0472179) and the group responsible coach immediately
- If traveling, arrange for isolation until potential infection has been verified and follow the instructions where possible <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

- If at home, stay home and follow the instructions; <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>
- Always use tissue when coughing / sneezing and dispose immediately. If no tissue available cough / sneeze in the arm fold

We will update these guidelines when necessary. Individual events and races might have additional instructions that should be followed. Also national health care institutions can enforce regulations and instructions that everyone should follow. More information;

<https://www.olympiakomitea.fi/huippu-urheilu/huippu-urheiluyksikko/ajankohtaista/> (in Finnish)

<https://thl.fi/fi/web/infektiotaudit-ja-rokotukset/taudit-ja-torjunta/taudit-ja-taudinaiheuttajat-a-o/koronavirus-covid-19> (in Finnish)

Corona should be taken seriously even if it is unlikely to cause serious illness for people in good health. There's no reason for us to take extensive actions but if you feel at unease in your current location, would like to discuss potential risk or even return to home feel free to contact group responsible coaches, sport directors, Sikri or myself.

I will revert on the spring plans and domestic events such as the NCs in due course.

Best

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