

**2021 Hong Kong Ultimate Champions Trail Run**  
**25km**  
**HK50West**  
**April 11, 2021**

**Precautionary measures related to COVID-19**  
**to be taken by the Organiser**

The Organiser will adopt and strictly adhere to the health and infection control measures as follows-

1. All participants (including runners and supporting staff) must conduct the COVID-19 testing.
2. All participants must provide validated negative results within 48 hours of the start of the race.
3. Each runner will be tested for body temperature. Only those with body temperature lower than 37°C are allowed to race.
4. All runners must submit a health declaration that is provided by the Organiser.
5. Face masks must be worn at all times leading up to the start of the race. Face masks must be put back on after crossing the finish line.
6. Face masks must be worn for the first 100 meters after the start and only then are the runners allowed to remove the face masks and put them in their own mask holders. Any runner who drops a mask or other garbage will be immediately disqualified for littering. The Organiser will provide new masks for change to runners at the finish line.
7. Each runner will be queuing in distance of 1.5m wide and length between each other before the start. Runners will start in a batch of 50 and leave the start every 1 minute ( e.g. 6:30 am – Wave 1 Open Men; 6:31 am - Wave 2 Open Women; 6:33 am – Wave 3 Open Men 2; 6:34 am – Wave 4 Open Women 2) (The 1 minute interval can be adjusted if needed. The intention is for runners to spread out quickly on course and not gather at the start area)
8. Participants must stay 1.5 meters away with others at all times, except during the running time of the race.
9. Leave No Trace rules will be implemented. Runners are not allowed to leave anything in the country park. Garbage, empty energy bars, empty get wrappers, etc must be stored in the pockets of the runners' hydration systems, camelbaks or waist belts.

10. All officials, guests and volunteers must wear face masks at all times.
11. All participants, officials, guests and volunteers will be reminded to perform hand hygiene. Hand sanitizers will be provided by the Organiser.
12. Any officials who will be in close contacts with runners, such as any counters or checkpoints, will be provided with extra gears (e.g. face shield, gloves, etc).
13. No water replenish station will be available during the race. Each runner must provide water for themselves. Sealed bottle water will be distributed at the finish line after the race.
14. No luggage check-in allowed.
15. No prize presentation ceremony will be organised on the event day. Participants will be allowed to pick up the medal or certificates at a future time.
16. The Organiser would keep a list of participant / officials / guests and volunteers with their contact information to facilitate possible contact tracing if needed.