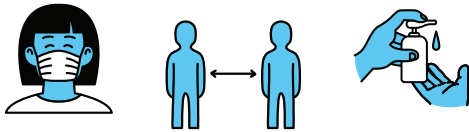


COVID MEASURES FOR RUNNERS

BIB PICK-UP (VDA, CDH, PDA)

- Come at the time you have reserved for bib pick-up.
- The **mask is mandatory** while waiting in line and inside the building.
- Keep a **safety distance of 1.5 m** all the time.
- Use the **hydroalcoholic gel**.
- You will be given a temperature check.



BIB PICK-UP SKY

- Pick up in Pla de Beret.
- The **mask is mandatory** while waiting in line and inside the building.
- Keep a **safety distance of 1.5 m** all the time.

START LINE

- Once you have left your **Life Bag** in the designated baskets, go to your box at the start area.
- On your race bib is written the box that corresponds to you.
- The **mask is mandatory** while you wait in the assigned Box and until **300 metres** after the start line.
- We will make a **group start** for each box, everyone at the same time.

TRANSPORT

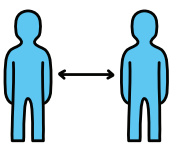


Masks must be worn on public transport.

PLEASE NOTE

Bring more than one mask in case you lose it.
Without a mask you will not be able to access the refreshment area!!!

FINISH LINE



- Once you have crossed the finish line you will have to put on your mask.
- You will be able to have your photo taken with your family and friends, but **avoid the crowds and keep your mask on.**

AID STATION

You must put on your mask before arriving at the **TIMING CONTROL** at the refreshment posts. The aid station, with the exception of the water points, **are not free service.**

It will be the **volunteer who will serve you the food.** Keep your mask on.



Supporters must wear the mask all the time while doing the assistance. Those who do not wear it will be asked to leave the aid station.



You will have hydroalcoholic gel at your disposal.

In the rest rooms that you will find at some aids stations you will have to wear your mask and register at the entrance.

Keep a **safety distance of 1.5 m** all the time.

