

Toyama Marathon 2023 Special Precautions for Infection Prevention

This competition will follow the “Guidance for the resumption of road races” as determined by the Japan Association of Athletics Federations (JAAF) and will take every effort to organize the competition while preventing infection. Please acknowledge the following items before applying. Furthermore, some items may change depending on future circumstances. Thank you for your understanding.

□Criteria for cancelling Toyama Marathon 2023

1. Cancellation consideration period

We will monitor the status of infectious diseases to make the appropriate decision in a timely manner.

2. Criteria for cancellation

If the following criteria become applicable, the marathon will be cancelled.

- (1) When the municipalities where the road race will be held (Toyama Prefecture, Takaoka City, Imizu City, Toyama City) do not give their consent
- (2) When necessary medical or emergency systems (doctors and nurses) for the marathon, as well as volunteers from the region or local businesses, cannot be secured
- (3) When the organizer judges it to be difficult to hold the marathon safely due to the national infection situation and the risk of infections spreading

□Before considering competing

- People aged 65 or over or with underlying conditions must understand that the risk of severe symptoms is high if they get infected with COVID-19 and consider their participation in the race accordingly.
- Except for willful or gross negligence on the organizers’ part, the organizers will not be held responsible for any competitor’s infection with COVID-19 or other diseases.
- The insurance covering this tournament does not cover compensation for COVID-19 infections.
- In order to prevent the spread of infectious diseases, competitors will need to submit a Health Checklist to confirm their health. The personal information in this checklist will be stored under strict management and will be only used to check the competitor’s health, to decide whether or not

they can race safely and to contact them for other infection spreading measures. Furthermore, information will not be shared to a third party without the consent of the competitor in accordance with the provisions in the Act on the Protection of Personal Information. However, if someone becomes infected or is suspected to be infected at the venue, the information may be shared with health care centers as a precaution to prevent the spread of infections.

- If you do not comply with the organizer's precautions to prevent the spread of diseases, in order to protect the health and safety of other competitors, your participation may be refused (including disqualification and removal from the venue). In the event this happens, there will be no reimbursement of your participation fee.
- Depending on future conditions, there may be changes to the organization of the race. These changes will be posted on the official website, Facebook, and Twitter.
- If the race is cancelled, the organizer will determine at a later date whether or not a reimbursement for the participation and processing fees will be given and its exact value after deducting expenses for the event paid up to the cancellation. Your entry will be void and will not roll over to the next Toyama Marathon.

□ Before the race

- Wash and disinfect your hands, avoid the 3Cs (closed spaces, crowded places, close-contact settings), etc. Protect yourself and others by exercising these basic precautions to prevent the spread of diseases.
- You will be sent a Health Checklist. Fill out the checklist and your body temperature for the 10-day period before the race (October 26th to November 4th).
- If any of the following apply to you, do not participate in the race. Your participation fees will not be reimbursed.

- If you have any of the symptoms found in the Health Checklist or have had days with a fever of 37.5 °C or above in the ten days leading up to the race
- If you tested positive for COVID-19 on a PCR or antigen test in the ten days leading up to the race
- If you have traveled to a country where the Japanese government has placed restrictions on entry or requires post-entry observation, and where the quarantine period has not passed by the day of the race

☐Runner reception/Expo (Day before the race)

- You cannot come to reception in someone else's place.
- Please submit your Health Checklist at the venue entrance. Do not forget the Health Checklist. If you do not have it or if it contains false information, your participation may be rejected.
- If you have symptoms corresponding to those in the checklist, you will not be allowed to participate or enter the venue.
- Your temperature will be measured at the venue entrance. If you have a fever of 37.5 °C or higher, you will not be allowed to participate or enter the venue.
- Entering the venue will be restricted if needed. Please follow staff directions when entering the venue.
- Inside the venue, please keep your distance from others and limit your conversations as a precaution. Additionally, wearing masks is now up to individual judgement in accordance with government guidelines, but it is recommended that you wear a mask due to expected crowded conditions and a risk of infection at the venue.

☐Starting area

- Do not participate in the race if you are showing any symptoms corresponding to those in the Health Checklist.
- The area around the starting line will be crowded, so please come in advance with time to spare.
- Body temperatures will be checked in the starting area. Do not participate in the race if you have a fever of 37.5 °C or more.
- Participants who have passed the temperature check will be given a wristband. You will not be able to enter the starting block without a wristband, so make sure to keep it on.
- The changing room will be crowded, so please change before coming to the venue if possible.
- Wearing masks is now up to individual judgement in accordance with government guidelines, but it is recommended that you mask due to expected crowding.
- Follow staff guidelines and keep your distance from others in the starting area and at the starting block. Do not talk loudly and keep your conversations to a minimum.

☐Course

- Keep your distance from other competitors. Do not come into contact with others, such as through high fives.

- Disinfectant will be available at the water/food stations and the toilets. Please disinfect your hands when possible.

- Please keep your distance from other competitors at water/food stations and toilets that may be crowded.

- Food will be individually wrapped. The availability of food will also be limited, so prepare your own if needed.

- Please take all trash home with you.

□ **Finish line**

- Runners who are not wearing their wristbands when they reach the finish line will be disqualified, so please make sure to keep your wristband on until the end of the race.

- Disinfecting stations will be placed at the finish line. Once you finish the race, please disinfect your hands. Wearing masks is now up to individual judgement in accordance with government guidelines, but it is recommended that you mask due to a high risk of infection from expected crowding.

- There will be no paper certificate of completion. It will be sent to you online, so please download it yourself.

- The baggage area and changing room will be crowded, so keep your distance from others and avoid personal conversations. Take your belongings and change clothes quickly, then move away from the area without lingering.

- Entrance to the changing room will be restricted if needed. Please follow staff directions.

□ **After the race**

- Please keep track of your physical health for two weeks after the race.

□ **Other**

- Please tell your friends and family to take proper precautions in order to avoid spreading diseases when spectating from the side of the course.

- Only competitors will be able to ride the bus to the starting area (There will be no fan bus.)

- Inviting family members and friends into the course or runners-only areas is strictly prohibited.