



## **RUNNER'S CHARTER – POST COVID-19 COMMITMENT (FFA directive)**

**This charter must be filled out by the runner and filed in the Sportips registration module before 12 April 2021. If the charter is not received by that date, the registration will be cancelled and not refunded.**

As a runner in the Volvic Volcanic Experience VVX XGTV Great Volcanic Crossing Experience, I am aware that participation in any event must take place in strict compliance with the health rules put in place by the government and with our environmental values, and I hereby undertake to:

1/ Comply with the protective measures in place in particular in enclosed and semi-enclosed places and in locations with a high density of people during the event (including mask-wearing, regular hand-washing, and physical distancing).

2/ Strictly comply with the race rules and the measures put in place by the organisation to minimise the health risks:

At the start point, wear a mask that I will keep with me during the race and put on again after arriving at the exit queue

Run while following all social distancing guidelines that are in place with regard to other participants wherever possible and making sure to use the entire width of the path

Refrain from spitting on the ground

Blow my nose in a single-use tissue that I throw in the bin

Refrain from littering

Respect public areas and keep them clean

Have and use my own liquid refreshment container (water pouch, flask, bottle, cup, etc.), etc.

3/ Avoid physical contact with other participants.

4/ Understand that by taking part in the event I am taking part in a gathering of people that could potentially spread the coronavirus epidemic if preventative measures are not taken by all.

5/ Accept by taking part in the event that the health risk is potentially serious for the most vulnerable (people aged over 65 or with chronic illnesses and pregnant women).

6/ If I have shown symptoms of Covid-19 in the weeks and months before the race, consult a doctor prior to taking part to find out if intense effort and my participation in the competition is permitted, particularly for races that involve significant climbs and in particular at altitude.

7/ Avoid running if I have shown symptoms of Covid-19 within the last 14 days.

8/ Demonstrate civic-mindedness by undertaking to inform the organisation's Covid-19 contact in the event that I show symptoms of the illness after starting the race.

9/ If possible, download and register on the "StopCovid" app prior to attending the event.

10/ Choose events that are close to my home and that require few journeys and little travel.

Surname

First name