



# COVID SAFETY

## PARTICIPANT HANDBOOK



**2021**



# COVID-19 EVENT SAFETY: IT'S IMPORTANT!

**Sure**, restrictions have eased, but sometimes COVID doesn't get that message and reaches its slimy (sickly, dastardly...?) tentacles back out into the community, something we all want to avoid, lest we have to put our beloved trail and ultra running events back into hibernation.

So to keep the event safe and alive we need YOUR HELP in adhering to a few COVID Safety Guidelines, which can be, let's face it, an annoyance, but well worth the effort.

So here's our cheat sheet of what you need to be aware of as a participant or attendee (volunteers and supporters included) at Oscars 100 Hut 2 Hut and The Archie. We'd be super grateful (as will the rest of the community) if you agree to abide by the following:

## ATTENDEE HEALTH: IF YOU ARE UNWELL

**Sniffles? Don't come...simple as that.**

If you have any of the symptoms that could potentially be COVID-relevant, you will not be allowed to attend or participate, including any of the following:

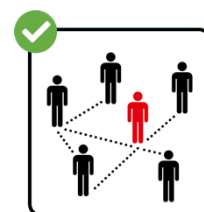
- Fever, repeated coughing, conjunctivitis, difficulty breathing / shortness of breath, loss of speech or movement, runny nose, headache, muscle or joint pains, nausea, diarrhoea, vomiting, loss of sense of smell, altered sense of taste, loss of appetite and fatigue.



If you present with any of these symptoms you will be requested to leave the event staging area (i.e. Mount Buller Village and anywhere on course), and will not be allowed to participate. We recommend you report to a COVID testing clinic immediately. We know this will be a tough call should you have any of these symptoms but for the safety of yourself, others and the event please be honest.

## NOT ALLOWED TO ATTEND

- Anyone who is awaiting the results of a COVID test
- Anyone who has been in contact with a COVID case or suspected COVID case within the last 14 days
- Anyone who has returned from overseas within the last 14 days
- Anyone who has been in a designated COVID hotspot within the last 14 days



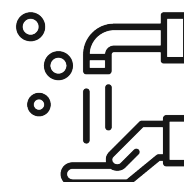
## SOCIAL DISTANCING

Participants, volunteers and supporters must maintain social distancing of 1.5m at all times. If social distancing is not practical, please wear a face mask.



## PERSONAL HYGIENE

- No handshaking/hugging behaviour at the event – loving fist-bumps and elbow kisses only...
- Please use hand washing/sanitation stations at race checkpoints, finish line, registration area, porta loos etc.
- We ask that you download and use the [COVID-safe app](#) on your mobile phone
- We ask that runners do not blow their nose into the air (a common runner practise often called the 'bush hanky')



## FACE MASKS

It is mandatory for all participants, volunteers and supporters to **carry a face mask at all times**.

**You do not need to wear a mask when outdoors**, however if you cannot maintain social distancing (1.5m) at any time, you must wear a mask. Most indoor spaces at Mount Buller do not fall under the requirement to wear a mask, except for the village supermarket and indoor areas 2000sqm+, and on public transport.



In general, you do not need to wear a mask at camp layovers (*but you must carry one*).

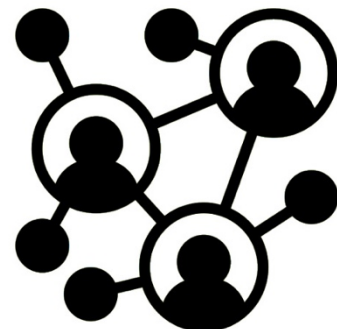
## REGISTRATION AND COMPETITOR SERVICES

- Race waiver to be completed online
- No paper forms or shared pens
- Cashless transaction facilities only
- An online version of the physical competitor briefing will be supplied – we ask that runners to watch/read online via <https://www.facebook.com/oscars100hut2hut> rather than gather in a group at the venue
- There will be no event presentations

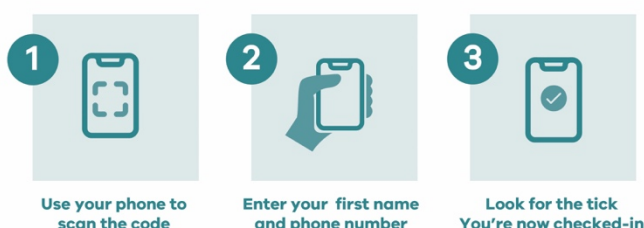


## CONTACT TRACING

- Race waiver + entry completed online will be our primary data for any contact tracing relevant to event PARTICIPANTS - so please ensure your registration details are correct



**Location code BJL GNB**



Can't scan?

Download the Service Victoria app or visit: [go.vic.gov.au/check-in](https://go.vic.gov.au/check-in)  
Open the app and enter: **BJL GNB**

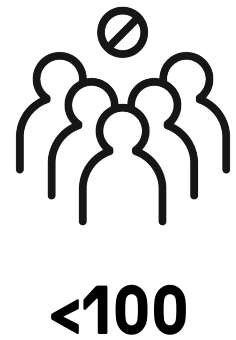
- **Q-Code registration** – we ask that all **NON-PARTICIPANT attendees** (supporters, family, friends, including those of participants and/or volunteers) register their attendance on the mountain by logging in to the Q-Code below (poster also repeated at end of this document)

Some visitors may not be able to scan the code (left). In this instance there is a unique six-character location code you can enter via the **Service Victoria** app (available through the [Apple App Store](#) and [Google Play Store](#)).

## GROUP GATHERINGS

Gatherings of large groups of people >100+ who could be in close proximity to one another should be minimised where possible. Possibilities for close quarters gatherings at Oscars 100 include:

- Registration marquee and event expo precinct
- Race briefing
- Start line area
- Finish line area
- On course checkpoints / camp outs and spectator vantage points



We ask participants to minimise group gatherings by:

- Requesting that supporters, friends and family do not attend registration with participant
- Limiting access to checkpoints – we ask that supporters *preferably* do not attend nor camp at our nominated layover points (Lovicks and King Huts).

**Current (as of 25 January 2020) restrictions allow for group gatherings in any one area of 100 people enacting 1.5m social distance guidelines, with mask wearing mandatory when social distancing cannot be enacted.**

## CHECKPOINTS / LAYOVERS

- Aid stations will ONLY have pre-packaged food or whole fruit available
- Any food being served at checkpoints is to be handled by volunteers only – no ‘help yourself’. This includes:
  - the provision of water where just one volunteer touches and controls the taps to water drums
  - designated volunteers hand the packaged food portion to the runner – runners cannot touch anything other than what is handed to them // no shared cups or shared food serving utensils. Participants will be provided with a lightweight squishy reusable cup at registration for on course.
- Greater encouragement for runners to bring their own food / drinks to layover points rather than accessing the shared food provided by event management.
- Prominent signage will remind patrons to clean hands regularly
- PLEASE BE PATIENT IN CHECKPOINTS. OUR VOLLLIES WILL HELP AS QUICKLY AS THEY CAN BUT YOU MAY EXPERINCE MINOR DELAYS. ONCE YOU HAVE RECEIVED YOUR FOOD AND FLUID YOU MUST MOVE OUT OF THE CHECKPONT IMMEDIATELY AND CONTINUE YOUR PROGRESS



### Overnight Lay-over / campsites (King Hut + Lovicks Hut)

Participants staying overnight (at one or both camps) will be restricted to sharing a tent with their nominated race partner. Due to cargo logistics, we are still limiting tents to one per pair.

It is the responsibility of each participant to check in with their running partner PRIOR to attending and ensure they have not had any exposure or other risk factors relating to COVID prior to attending the event as you will need to share a tent with them (but we assume you have already been training together anyway, as advised).

- Camp area will be divided into segregated participant zones of 100 people / 50 tents. Zones to be self contained (no mixing between zones)
- Separate zone for volunteers/hosts/catering
- No self-handling of supplied food by participants
- Participants must use own plates / cutlery
- Use of fitted face masks if participants are unable to stay further than 1.5 metres away

- Participants must continue to carry a face mask at all times
- Participants must wear a face mask when attending food collection

## 4WD TRANSFERS

If participants are to be transferred on one of our 4WD courier vehicles (i.e. if being extracted from the course back to Mount Buller following withdrawing) competitors **MUST** wear a face mask (mandatory piece of equipment) to reduce circulation of aerosols in vehicle.



## EVENT MEDICAL

All event medical will be supplied by Endurance Medical Services (EMS)

[www.endurancemedicalservices.com.au](http://www.endurancemedicalservices.com.au)

HQ Medical Centre will operate from two bases – primary incident / patient identifications at / near finishline from within HQ Centre, ground floor.

In-patients that need attending to and observation will be located upstairs to ensure social distancing and separation from public areas.

EMS will triage attending patients. Only serious cases will be offered beds and observation, with minor incidents advised to rest and recuperate at distance and/or self-administer according to advice, in order to lessen medical team / patient interactions and potential transmission.



## SPECTATORS & SUPPORT CREWS

- We discourage all spectators or support crews from coming in close proximity of official checkpoint areas (i.e. in front of aid tables, participant camping zones) on the course
- Spectators and support must not come in direct contact with volunteers, aid food or other official aid at those stations
- If participants do choose to visit layover points and elect to stay overnight, they must camp away from where competitors and volunteers are located and must not come into official race area under any circumstances
- Spectators and support crew must adhere to all relevant COVID-safety guidelines as per this document and standing government orders / restrictions.



## STAYING UP TO DATE

**When in reception, stay tuned to the official social media channels for general updates, particularly Facebook.**

[www.facebook.com/oscars100hut2hut](https://www.facebook.com/oscars100hut2hut)

[www.instagram.com/hut2hut](https://www.instagram.com/hut2hut)



**Should event managers need to send urgent (only) all-event participant message, we will text you on your nominated mobile number, which you can check in to when able / required.**

## Q-CODE REGISTRATION FOR NON-PARTICIPANTS (SUPPORTERS, FRIENDS & FAMILY)




**CHECK-IN**  
**NOW**



**Oscars 100 Hut 2 Hut**  
**Mt Buller Visitor Information 4761 Mt Buller Rd MOUNT BULLER**  
**Oscars 100 Hut 2 Hut**



**Location code BJL GNB**

-   
Use your phone to scan the code
-   
Enter your first name and phone number
-   
Look for the tick  
You're now checked-in

Can't scan?  
Download the Service Victoria app or visit: [go.vic.gov.au/check-in](https://go.vic.gov.au/check-in)  
Open the app and enter: **BJL GNB**



Service Victoria is the State Government's dedicated customer service agency.  
We will only use or disclose your check-in information for coronavirus (COVID-19) contact tracing.  
We'll delete your data within 28 days. Your details won't be used for marketing or other purposes.  
Learn more: [service.vic.gov.au/check-in](https://service.vic.gov.au/check-in)





## COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS	COVID-19	COLD	FLU	ALLERGIES*
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms	May be abrupt or gradual onset of symptoms
<b>Fever</b> 	Common	Rare	Common	No
<b>Cough</b> 	Common	Common	Common	Common (asthma)
<b>Sore Throat</b> 	Sometimes	Common	Sometimes	Sometimes (itchy throat and palate)
<b>Shortness of Breath</b> 	Sometimes	No	No	Common (asthma)
<b>Fatigue</b> 	Sometimes	Sometimes	Common	Sometimes
<b>Aches &amp; Pains</b> 	Sometimes	No	Common	No
<b>Headaches</b> 	Sometimes	Common	Common	Sometimes
<b>Runny or Stuffy Nose</b> 	Sometimes	Common	Sometimes	Common
<b>Diarrhoea</b> 	Rare	No	Sometimes, especially for children	No
<b>Sneezing</b> 	No	Common	No	Common

Adapted from material produced by WHO, Centers for Disease Control and Prevention and the American Academy of Allergy, Asthma and Immunology. \*Respiratory allergies include allergic rhinitis (hay fever), and allergic asthma. Other common symptoms of hay fever include itchy nose and itchy, watery eyes.

It is very difficult to distinguish between the symptoms of COVID-19, influenza and a cold. If you have any infectious or respiratory symptoms (such as a sore throat, headache, fever, shortness of breath, muscle aches, cough or runny nose) don't go to work. You need to self-isolate and to be assessed by a medical professional. You may need testing for COVID-19. You must not return to work until cleared by a medical professional. You need to ensure that the people you care for are protected and safe. People who have respiratory allergy symptoms such as allergic rhinitis (hay fever) and allergic asthma should stay home and get tested for COVID-19 at the onset of their symptoms and if they experience symptoms that are unexpected, seem different or worse than usual, or do not respond to their usual medication.

For more information about **Coronavirus(COVID-19)** visit [health.gov.au](https://www.health.gov.au)



# **CORONAVIRUS**

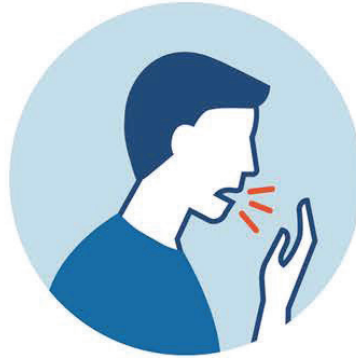
## **HEALTH WARNING**

**CORONAVIRUS COVID-19**

**SYMPTOMS**



**FEVER**



**COUGH**



**SHORTNESS  
OF BREATH**



**SORE THROAT**

# **KNOW THE SIGNS**

[www.geelongprintworks.com.au](http://www.geelongprintworks.com.au)



# CORONAVIRUS



**PROTECT YOURSELF  
AGAINST CORONAVIRUS**

**WASH  
YOUR  
HANDS**

[www.geelongprintworks.com.au](http://www.geelongprintworks.com.au)