

APPENDIX 3

TECHNICAL ANNEX ABOUT THE STARTING PROCESS

Updated on 15.12.2020

Main decisions:

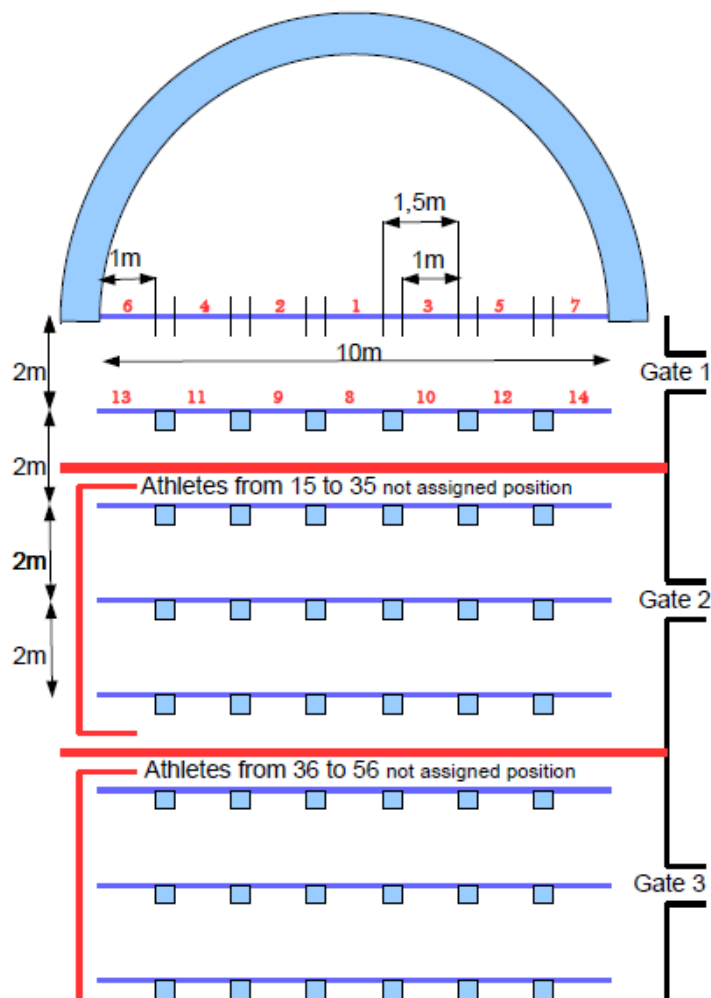
1. Warm-up

The athletes have to do the warm-up on their own or only together national teammates, in order to create and respect the COVID-19-safe bubble. If the athletes have to make a high effort during the warm-up, the National Team Covid-19 responsible will decide if they have to remove the mask to perform that specific exercise.

2. Starting process

All athletes will arrive at the Event venue and will participate in the races only and exclusively after having given a proof of negative test for Covid-19, in accordance with what said by the ISMF Medical Committee C-19.

The mass start will be allowed for all competitions included in the ISMF World Cups and World Championships. There will be a distance of 1,5 m among all athletes present at the starting line. In each line there will be only 7 athletes.



The athletes must wear the mask also in the start/finish area until 60 seconds before the start of the race. This moment will be announced by the speaker, who will say “MASK OFF”, allowing the athletes to remove the mask. The referees will wait until all athletes have removed the mask before continuing the start process. The mask must be put in a zipped pocket or in the backpack.

3. Arrival

The athletes must put on again the mask as soon as possible after having crossed the finish line. In any case, it is compulsory to wear it before the check material. There will be a physical separation between free mask zones and mandatory mask zones as showed in the panels below.



**ATHLETE
FREE MASK
ZONE**



**MANDATORY
MASK
ZONE**

4. Compulsory equipment

The athletes must have a mask in the backpack or in a zipped pocket during all competitions long until the moment to enter the mandatory mask zone. A second mask is included in the **compulsory equipment** for the 2020/2021 season in the backpack, except if the athlete is forced to use it because the first one has been lost or broken.