

Hysan Island Hike & Run - 2021

Precautionary measures related to COVID-19 to be taken by the Organiser

The organiser must adopt and strictly adhere to the health and infection control measures as follows -

1. All runners must be fully vaccinated for COVID-19 (i.e. receiving two doses 14 days before the event day) and are required to present the vaccination records to the organiser during enrollment. They are also required to conduct polymerase chain reaction (PCR) test within 48 hours prior to the start of the race. Only those runners who possess negative result proof of PCR test are allowed to take part in the race. Test results have to present to the organiser on the event day for checking as and when required.
2. All staff members involved in the event operation must be fully vaccinated for COVID-19 (i.e. receiving two doses 14 days before the event day). For those staff members with a proof from a registered doctor of being medically unfit for vaccination can opt for obtaining negative PCR test results within 48 hours prior to event. They are required to show the test result and the proof of being medically unfit for vaccination on the event day for checking as and when required.
3. All participants (include runners and staff members) are required to complete health declaration forms provided by the Organiser.
4. Body temperature screening will be required before a person is allowed to enter the race venue. Only those with body temperature lower than 37.5°C are allowed to participate in the race.
5. No bibs / race pack collection and luggage storage service at the start area will be provided.
6. No mass briefing of runners at the venue will be conducted.
7. Safety and hygiene measures recommendations will be displayed at the start and finish areas.
8. Hand sanitizers stations will be available at the start and finish areas as well as the checkpoint(s). Staff members working at these areas are required to put on appropriate personal protective equipment (PPE), including surgical mask, eye protection (goggles or face shield) and gloves.
9. All participants will be advised to keep social distancing of not less than 1.5m with

one another at the start and finish areas. The flow and density of people entering, attending and departing the event will be monitored and regulated to avoid overcrowding.

10. All participants must wear masks at all times, except when runners who are on competition in the race route or when they are consuming a drink where reasonably necessary.
11. Runners can take off their masks after 100 meters of the start of the race and must put on the masks immediately after crossing finish line within 2 minutes. Runners will be advised to leave the finish area as soon as possible to avoid gathering.
12. Runners will be advised to keep 1.5m apart from each other before race start. Runners will start in a batch of 100 and leave the start every 1 minute (i.e. 1st start – Wave 1 Open Men; 2nd start – Wave 2 Open Women; 3rd start – Open Men 2; 4th start – Open Women 2; and so on.).
13. Pacers, support runners, crew and spectators are not allowed on the course, at the checkpoint, as well as in the start and finish areas.
14. Eating will not be allowed, except for staff members having meals during meal breaks.
15. Carboy water will be provided at water station(s). Staff wearing PPE will help dispensing the water into paper cups and place on the table for the approaching runners.
16. No prize presentation ceremony will be held on the event day.
17. A doctor and a medical advisor will be engaged for the events.
18. The contact information and attendance record of all participants will be kept for 31 days after each race. Such information will be made available for Government Departments for the purpose of contact tracing when necessary.
19. A staff will be designated to act as the Safety and Hygiene Officer on the race day to oversee (e.g. spot checks) the operation of the event and ensure that the health and infection control measures are strictly adhere to.
20. The health and infection control measures as set out above may be varied by the Government's written notification at any time, subject to the development of the local epidemic situation and social distancing measures.