

RUNNER'S CHARTER - POST COVID-19 COMMITMENT

Aware that participation in any event must be done in strict compliance with the health rules transmitted by the government and our environmental values, as a runner of the Mont-Blanc Marathon, I undertake to:

1 / Respect the barrier gestures established, in particular in closed, semi-open spaces or with a high density of people during the event (wearing a mask, washing hands, physical distancing).

2 / Strictly respect the race regulations and the measures put in place by the organisation to minimise health risks:

> Wearing the mask on the starting area that I keep on me during the race and put back after arrival in the line of the exit route

> Run while respecting as much as possible the social distancing in force with the other participants and using the entire width of the roadway

> Do not spit on the ground

> Blow my nose in a disposable tissue that I throw in a trash can

> Do not throw waste on the public highway

> Respect and leave public places clean

> Be equipped and use my own liquid refueling container (water bag, flask, bottle, cup, etc.), ...

3 / Do not physically come into contact with other participants.

4 / Understand that by taking part in the event, I am participating in a gathering of people potentially generating the spread of the coronavirus epidemic if the barrier measures are not applied by everyone.

5 / Accept, by taking part in the event, that this health risk is potentially serious in the most vulnerable (over 65 years old, carrier of chronic disease, pregnant woman).

6 / If I presented the Covid-19 in the weeks and months preceding the race, consult a doctor before my participation to know if the practice of intense efforts and my participation in the competition is possible, in particular the races presenting uneven important and a fortiori at altitude.

7 / Do not run if I have had symptoms of Covid-19 for less than 14 days

8 / Demonstrate good citizenship by committing to notify the organisation's Covid-19 referent in the event of a declaration of illness after the race.

9 / Download if possible and register on the "StopCovid" application before I come to the event.

10 / Choose events close to where you live and requiring little travel and transport