
INFORMATION ABOUT COVID-19 AND FEMUNDLØPET / THE FEMUND RACE

The following applies to participants entering Norway.

– new and simpler rules to document the quarantine from December 11.th

Familiarize yourself with the [RULES UPON ENTRY INTO NORWAY](#) and quarantine rules. Femundløpet / The Femund Race or FHI or UDI cannot answer questions about stopovers or entry to other countries. You must familiarize yourself with the rules in the countries you want to travel or transit through.

Upon arrival in Røros and The Femund Race we will request the following additional information when you register:

- Date of arrival to Norway
- Place / address where you spent your quarantine (10 days)

In the time nearing The Femund Race we ask you to

- Limit the amount of close contacts
- Stay at home if you are sick or have symptoms

For the participation the following COVID-19 rules apply:

- Follow the instructions of our COVID-19 hosts at all checkpoints
- The participant and 1 handler shall participate at the digital musher meeting on Sunday 31st January 2021:
 - Fjunior/F200 at 17:00 – English
 - F450 at 20:00 – English
 - F650 at 20:00 – English

Upon registration in Røros - Tent at the Øra stadium

- Follow the instructions of our COVID-19 hosts at all checkpoints
- Everyone has to use a face mask (bring your own)
- Register your arrival in our contact-tracing app with a QR-code
- Participant + one (1) handler may be present at the registration - according to the list with your time for registration
- Mandatory food for musher and dogs must NOT be presented and checked upon registration (checked during sled check)
- Dog-chip lists must be handed in, already filled out
- Liability form must be handed in already filled out and signed
- Dog passports and PreRace veterinary form shall be presented to the Race vet for verification
- Photography/Picture of the musher - according to separate schedule

At the start and during the race

- A maximum of two (2) handlers per team are permitted
 - The handlers are requested to hold a 2m distance to other people during the race
 - Disinfect/wash your hands before entering the checkpoint areas
- All the participants and their handlers must use a face mask (bring your own);
 - In the stake-out area prior to the start of the race
 - Within all the zones defined as or marked as checkpoint areas (with the exception of mushers taking care of their dogs in the stake-out areas at the checkpoints)
- All handlers must register their arrival at every checkpoint in the contact tracing app via QR code.

At the finish line - Prize giving / interview

- Handlers use face masks
- Participant has to put on a face mask when the team has reached the dog-truck
- Participant has to wear a face mask at the prize giving ceremony - this will be organised according to a strict time schedule

Happy Christmas and we look forward to welcoming you to the Femund Race 2021!

Thank you for helping us organise a safe and memorable event.



Gro Åsne Lohn/s
Covid-19 coordinator

Jon Anders Kokkvoll/s
CEO

Rune Hesthammer/s
Race leader

Thomas Heggvik/s
Sporting Committee

Next race starts February 5th in Røros