



RACE RULES AND DISCLAIMER

Preamble.

RACE RULES, **COVID19 PROTOCOL** AND DISCLAIMER

The following rules are applicable to the obstacle race **VIII GRAN CANARIA BESTIAL RACE 2021** organized by the City Council of Arucas together with BESTIAL EVENTS S.L. In case of doubt in its interpretation, the opinion and decision of the organization will prevail. All participants with their registration accept these regulations in full.

Within the VIII GRAN CANARIA BESTIAL RACE the following events will be held, GC BESTIAL RACE 2021.

Acceptance of these rules implies acceptance of the disclaimer of liability of participants, detailed in Article 17.

Attached is the Annex **Protocol covid19** in steeplechase races.

Article 1.- DATES AND PLACES

VIII GRAN CANARIA BESTIAL RACE 2021 will take place on 4 and 5 December 2021 in Gran Canaria, in the municipality of Arucas, sports area of Barranco de Barreto and Lomo Riquianez.

Article 1.1 - SPECIAL COVID19 CLAUSES

The VIII GRAN CANARIA BESTIAL RACE 2021 will be held with half the capacity of participation and without the possibility of public due to the special situation arising from the pandemic covid19 in Spain. The authorities will give 15 days before the test the final premise according to the current situation at that time regarding the incidence covid19 in the municipality or on the island.

At all times act according to the protocols and recommendations regulated by the royal decrees at that time as well as the specific protocols relating to obstacle courses.

Refusal to follow these protocols and recommendations will result in immediate expulsion from the event and its surroundings.

All participants will be asked for a traceability document 15 days before the race, which is mandatory.

All participants will be asked for vaccination certificate and if they do not have it, PCR or antigen test with a validity of up to 72 hours prior to the event.

Article 2.- PARTICIPATION AND MINIMUM AGE

Any person of any nationality, over 16 years of age, completed at the time of the race, who have accepted the disclaimer and the physical statement that appears on the registration form, the maximum age for participation is 75 years. Under this age and always older than 16, may participate in the BESTIAL RACE as long as they deliver the day of collecting the chips the authorization completed by their father, mother or guardian (presenting both the ID). This can be downloaded from the website and must be completed and presented when collecting the bib in the registration area.

Article 3.- RACE DEPARTURES

Article 3.1- START OF THE RACE VIII GC BESTIAL RACE 4 and 5 DECEMBER. (TIMED RACE)

In the VIII GRAN CANARIA BESTIAL RACE the allocation of batches will be by decision of the participant, being able to register according to their personal choice, once registered no further changes will be allowed and it will be mandatory to run in the selected batch. Participants who want to form a team, must be registered in the same starting batch. The starts will be made by the system of batches every **5 minutes with a maximum of 20 participants per batch**, the first batch will be at 9:00 am, participants must be in the starting area at least **20** minutes before the start of their batch to close the call chamber. The corresponding calls will be made over the public address system for the formation of the start of the corresponding batch.

Article 4.- CATEGORIES AND PRICES.

Bestial Hell: Race with a route of approx. +6 km. and minimum 25 obstacles. The help of other participants is allowed to overcome the obstacles and if you are not able to overcome it you will pay with 10 burpees.

Bestial TRex: Race with a route of approx. +12 km. and a minimum of 35 obstacles. The help of other participants is allowed to overcome the obstacles and if you are not able to overcome it you will pay with 20 burpees.

Bestial Elite (Competitive): Race with a route of approx. +12 km. and a minimum of 35 obstacles. The participant in this category will be penalized with disqualification if he/she is not able to overcome all the obstacles marked as compulsory. It is NOT allowed the help of other participants to overcome the obstacles.

Bestial Age Group (Competitive): Race with a route of approx. +12 km. and a minimum of 35 obstacles. The participant in this category will be penalized with disqualification if he/she is not able to overcome all the obstacles marked as compulsory. It is NOT allowed the help of other participants to overcome the obstacles.

LABESTIA: Combined race during 2 days where the athletes will score in the following events, Saturday 4th, elite race modality with a route of approx. +12 km. and minimum 35 Obstacles, Saturday 4th in the afternoon, NinjaTrack modality of 100 m. And Sunday 5th, elite race modality with a route of approx. +6 km. and minimum 30 Obstacles. The participant of this category will be penalized with disqualification if he/she is not able to overcome all the obstacles marked as compulsory. It is NOT allowed the help of other participants to overcome the obstacles.

NinjaTrack: Race with a course of approx. 100 m. and a minimum of 10 obstacles. The participant in this category will be penalized with disqualification if he/she is not able to overcome all the obstacles. It is NOT allowed the help of other participants to overcome the obstacles.

BESTIAL RACE SERIES PRICES

BESTIAL HELL: 35€ BESTIAL T.REX: 35€ BESTIAL ELITE 12 KM: 45€

NINJATRACK: 30€ LABESTIA 18.1 KM: 100€.

Under no circumstances will the fee be refunded, either if you cancel your registration in advance or if you don't show up for the event. If it is allowed to transfer the bib to another person up to 1 month before the race, it is mandatory to send an email to info@bestialrace.com with all the data of the new runner, requested in the registration form.

It will be possible to contract an insurance of refund of the inscription, whose cost is from 5 € to 10 €, with which you will be reimbursed 100% of the amount of the same one, you will be able to request the refund until October 31 of the present year.

Article 5.- REGISTRATION DEADLINES

Registration must be done in the registration section of the official website: www.bestialrace.com or on the website of the race.

The registration period will be until the week prior to each event or until the number of places available is completed, at which point we will proceed to the opening of a waiting list. Outside the defined period NO registrations will be processed.

A registration will be formalized when the payment of the registration fee has been made both via the Web with the virtual TPV or physically in the places enabled to notify. The day and time of payment will be strictly respected in order to respect the available places.

Article 6.- IDENTIFICATION

To collect the necessary material to participate in the race, it is essential to present ID card, or any other official document proving identity to verify the registration, as well as the signed disclaimer form. It can be downloaded from the race website.

The time control chip is mandatory and must be worn by the athlete throughout the race, it must be placed at the height of the shoe or always below the knee. After finishing the race must deliver the chip to the checkpoint, the non-delivery will involve a payment of 18 € for the cost of the chip.

The organization will be able to give a means with the bib number to be identified when necessary.

Article 7.- INSURANCE

Each athlete participates in any of the races of the BESTIAL RACE under his own responsibility and has a sufficient level of physical condition to face it.

The organization will have a civil liability insurance policy and runner's accident insurance, being all participants, federated or not, covered by the accident insurance policy contracted by the Organization.

Other complementary insurances may be optionally offered to the runner.

The organization will request, if necessary, the medical certificates required for the participants of the Elite group.

Article 8.- JUDGES AND DISQUALIFICATION OR REMOVAL

It is warned that the judges of the race and responsible for security have the power to disqualify or withdraw an athlete who does not show coherence, physical balance or any other risk to their own safety or that involves danger to both other athletes and the development of the race.

Failure to complete the race course correctly as planned will result in disqualification of the athlete.

It is possible to overcome one obstacle as a team, but not all of them. Our judges will tell you when it is possible and when it is not, and how you can help. There will be judges at each obstacle to make sure you follow the rules, but it is up to you to complete them correctly. If you don't, you will be disqualified.

Article 9.- GROUNDS FOR DISQUALIFICATION

It will be a reason for disqualification:

1. Incorrect identification according to these rules.
2. Starting the start before the starter's signal or in a batch other than the one assigned.
3. Disrupt the progress of other athletes, violating the rules of respect and "Fair Play".
4. Accessing the finish line by any other place than the place of arrival.
5. Any other circumstance not foreseen in these rules but which, in the opinion of the organization, is grounds for disqualification.

Article 10.- SAFETY AND ROUTE

The route will be marked and signposted. There will be many volunteers and medical personnel present. If you get injured we will immediately call for help by radio. If during the competition you come across an

injured person, do not try to move him/her, tell the organization and give him/her a lift. They will get to work and radio the medical service.

Article 11.- ARRIVAL

The race ends with the arrival at the finish line, after passing through the control arch. All athletes will receive their BESTIAL medal, as finisher of the race.

Article 12.- CATEGORIES AND TROPHIES

The categories of the VIII BESTIAL RACE are established as follows:

Elite Category: Men and Women from 16 to 75 years old, registered in the Elite and Age categories.

General Category: Men and Women from 16 to 75 years old, registered in the general race.

Teams: Set of 3 to 5 male, mixed or all-female athletes from 18 to 99 years old, registered in the general category, even if they do not do it in the same heat.

In mixed teams, the times of at least 1 female participant will be taken.

Pairs: Set of 2 athletes of any gender from 18 to 75 years old, registered in the general category, even if they do not do it in the same heat.

The following trophies will be awarded:

Modality: LABESTIAL in the VIII Gran Canaria Bestial Race 2021

Trophy and 500€ gift voucher to the first classified.

Category: ELITE in the VIII Gran Canaria Bestial Race 2021

Trophy and registration for the **Gran Canaria Bestial Race 2022 for the** first 3 participants.

Modality: NINJATRACK in the VIII Gran Canaria Bestial Race 2021

Trophy and registration for the **Gran Canaria Bestial Race 2022 for the** first 3 participants.

Modality: Elite Age Group in the VIII Gran Canaria Bestial Race 2021

Diploma for the 3 first and 3 first participants.

Modality: Trex 12km. in the VIII Gran Canaria Bestial Race 2021

Trophy for the first 3 and 3 first participants.

Modality: Hell 6km. in the VIII Gran Canaria Bestial Race 2021

Trophy for the first 3 and 3 first participants.

Modality: Trex Teams 12km. in the VIII Gran Canaria Bestial Race 2021

Trophy for the first 3 and 3 first teams male, female and mixed.

Modality: Hell 6km. Teams in the VIII Gran Canaria Bestial Race 2021

Trophy for the first 3 and 3 first teams male, female and mixed.

Modality: Couples Trex 12km. in the VIII Gran Canaria Bestial Race 2021

Trophy for the first 3 and 3 first couples male, female and mixed.

Modality: Pairs Hell 6km. in the VIII Gran Canaria Bestial Race 2021

Trophy for the first 3 and 3 first couples male, female and mixed.

To qualify for a trophy in the team category, in addition to the individual registration of each runner, the form provided for this purpose must be completed with the list of runners who make up the team and the details of the person responsible for the team. The time taken is the average of the 3 fastest runners, as soon as the 5 members of the team pass the finish line, except for abandonment due to injury.

To qualify for a trophy in the pairs category, in addition to the individual registration of each runner, the form provided for this purpose must be completed with the list of runners who make up the team and the details of the person responsible for the team. The time taken is the sum of the 2 times, the abandonment of any of the team members for non-injurious causes will be penalized.

The trophy ceremony will be held on the same day according to the time of the program.

All trophies that are not collected on the day of the race will be available to runners at the headquarters of the organizer of the race until 15 days after the end of the VIII BESTIAL RACE. After that date they will remain at the disposal of the Organization, understanding that they are waived. Those trophies that are not collected by hand will not be sent by any courier system.

Article 13.- SUSPENSION OF THE RACE

The organization reserves the right to change the point of arrival or departure, delay the departure time, change the date or suspend the race. If the departure takes place, the race will be considered as completed, even if it is suspended during the race.

In the event that the organization considers that weather conditions or other contingencies beyond its control put the physical integrity of the participants at risk, it may postpone the race. In such a case, the registration fee will not be refunded, either totally or partially.

Article 14.- USE OF PARTICIPANT DATA

1. Registration implies the authorization for the free use of the participant's name and photos in the media (broadcast and television programs or radio) in the press, social networks or any other type of media accredited and related to the event.
2. The inscription supposes the authorization for the cession of the following data of the participant (complete name, sex and DNI) to Ocro Canarias, Ocro Spain and Aoco Spain for the accomplishment of lists and classifications of the tournaments that they realize, expressing the prohibition of yielding the data to third.
3. In accordance with the provisions of Law 15/1999 of 13 December on the Protection of Personal Data, it is reported that participation in the event implies consent to the incorporation of personal data provided to the existing automated file for the organizers.

The purpose of this file is the treatment for the management and development of the mentioned test as well as in the championships that have hosted the test.

Article 15.- RESPONSIBILITY OF PARTICIPANTS. EXCLUSION OF

ORGANIZATIONAL RESPONSIBILITY

The event has all the corresponding permits for its celebration and although it is intended to make an open competition and promote the practice of sport, the organization warns that the test is hard and also occur in the same risks inherent in the presence of natural or artificial obstacles.

It is the sole responsibility of the athlete to be fit for the competition, i.e. to be in good health in general, as well as to have a sufficient level of physical, technical and mental preparation to face a test of several kilometers and overcoming obstacles. Those who do not meet or do not believe they do not meet the

conditions of good health and sufficient sporting preparation to face a long-distance and endurance competition must abstain.

Each athlete declares with his registration that he meets the conditions that make possible his participation in the VIII BESTIAL RACE without generating major inconveniences for himself, the rest of the participants and the organization. Fully and consciously, each athlete assumes for himself and as his own the risks derived from his participation in the race, being completely exonerated the organization of any liability that may arise as a result of the damages that participation in the race could lead to the participants, their dependents or third parties.

Responsibilities:

The Organization declines all responsibility for any damage, harm or injury that participation in this race may cause to himself, to other people and even in the event that third parties cause damage to the participant.

Every participant, by the mere fact of participating in the race, accepts the rules outlined above, prevailing in case of doubt the criterion of the Organization.

Article 16.- DISCLAIMER OF LIABILITY

Disclaimer:

Considering that I have made my registration for any of the races to be held during the VIII BESTIAL RACE, I agree to comply with the rules governing the race. In addition to the rules of the race management. I accept these rules which can be found on the website of the organization www.ocrbestial.com or on the website of the race.

Hereby:

- I admit that I am solely responsible for all my possessions and sports equipment during the development of the VIII BESTIAL RACE and its collateral activities.

- I affirm and verify that I am physically prepared and sufficiently trained for this competition and that I have passed the appropriate medical examinations. Being physically well prepared for the competition, I am in good general health, without suffering from any illness, physical defect or injury that could be aggravated by my participation in this event. If during the race, I suffer any type of injury or any other circumstance that could seriously damage my health, I will inform the Organization as soon as possible.
- I agree to receive medical treatment at my own expense in case of injury, accident and/or illness during the VIII BESTIAL RACE. Being aware that this type of competitions, taking place in the natural environment, in places of difficult control, carry an additional risk for participants. Therefore, I attend of my own free will and initiative, assuming all the risks and consequences derived from my participation.
- I allow the free use of my name and any image in any publication or media taken during the VIII BESTIAL RACE.
- I exempt the organization, directors of the event, collaborators, sponsors and volunteers of the VIII BESTIAL RACE from any responsibility or claim on my part. Including any direct or indirect damage or injury and cases of death. It is not applicable if the damage or injury is due to the bad action or negligence on the part of the organization.
- I have sufficient physical capacity, technical skills and survival resources to ensure my own safety, under the conditions of autonomy in which the race takes place. Likewise, I have the sports and safety equipment required by the Organization and I guarantee that it is in good condition, is approved, use it properly and I will carry it with me throughout the competition.
- I accept and agree to comply with the safety rules and protocols established by the Organization for the VIII BESTIAL RACE, as well as to maintain a responsible behavior that does not increase the risks to my physical or mental integrity. I will follow the instructions and abide by the decisions taken by those responsible for the Organization (judges, doctors and organizers) on safety issues. - I authorize the Medical Services of the race to carry out any treatment or diagnostic test that I may need, whether or not I am in a position to request it; I agree to abandon the race if they deem it necessary for my health.

- I will not consume prohibited substances, considered as DOPPING. The Organization can pass anti-doping control to the participants. Disqualifying them in case of positive. - My bib is personal and non-transferable, so it cannot be worn by another participant or any other person in my place. - I know that the organizer reserves the right to admit or not to admit any participant, even having paid the subscription fees that would be returned to me in case of not being admitted. - I undertake to follow the general guidelines of respect for the environment:
 - a) Transit prudently along the path marked for the VIII BESTIAL RACE.
 - b) Not to produce alterations in the processes and in the natural functioning of ecosystems.
 - c) Not to deteriorate the resources, geological, cultural or, in general, of the landscape.
 - d) Avoid or avoid environmentally sensitive areas.
 - e) To carry out the physiological needs in the appropriate places.
 - f) Not to dump or abandon objects or solid or liquid waste outside the places usually provided for the collection of the same.The organisers reserve the right to change or modify any information regarding the race or to cancel the race. information regarding the race or cancel the same for reasons of force majeure, publishing it on the official website: www.ocrbestial.com

SPECIAL MEASURES FOR APPLY IN THE ORGANIZATION OF STEEPLE- CHASE COMPETITIONS IN THE CANARY IS- LANDS.

© Bestial Events S.L.

Bestial Events S.L.
B35551977
Mariana de Pineda 31, 2d, 35007 Las Palmas de Gran Canaria.
www.ocrbestial.com

TABLE OF CONTENTS INTRODUCTION

PART 1. Mandatory measures

1.- GENERAL MEASURES FOR THE WHOLE ORGANISATION.

- 1.1.- Who they include.
- 1.2.- Elements of protection and accreditations.

2.- MEASURES TO BE ESTABLISHED BEFORE AND DURING THE COMPETITION.

- 2.1.- Information.
- 2.2.- Registration.
- 2.3.- Delivery of bibs.
- 2.4.- Technical meeting (briefing).

- 2.5.- Assembly.
- 2.6.- DEPARTURE AND ARRIVAL area.

- 2.7.- Race.
- 2.8.- Prize giving.

3.- MEASURES TO BE TAKEN DURING AND AFTER THE COMPETITION.

PART 2. Possible and/or Complementary Alternatives

- 1.- Establish the order and type of exit.
- 2.- Management of the exit and pre-exit areas.

- 3.- Management of the route.
- 4.- Recommendations for participants.

- 5.- Management of refreshments.
- 6.- Showers and WC.
- 7.- Prize-giving area.

PART 3. Annexes

- 1.- Clause COVID-19 of registration and participation.
- 2.- Model data collection form for people linked to the competition.

- 3.- "Health declaration"
- document 4. Reference documents.

INTRODUCTION:

This document sets out the necessary adaptive measures for the re-establishment of the Obstacle Races competitions, taking into account a "new normality" and based on the guidelines given by the different health and sports authorities on the date of its last update.

It is structured in a particularly practical way. The first part specifies the mandatory changes to be made by the organiser. The second part describes possible alternative and/or complementary measures. The third part is made up of the corresponding annexes, which are cited in the consultation and reference document.

In any case, we must keep in mind that the concept of HEALTH is always a priority; and consequently this must prevail over any other aspect of sports practice and competitions. In any case, we must be and give a GOOD EXAMPLE, since this reincorporation requires an explicit personal commitment from all those involved (athletes, coaches, managers, volunteers and any other person involved in the management of competitions).

We must remember that, according to Royal Decree-Law 21/2020 (9.06.2020), COVID-19 is formally considered a notifiable disease and that any public or private entity is obliged to provide the information required by the health authorities in the search for possible contacts of the detected cases and that all citizens must adopt the necessary measures to avoid the generation of propagation risks, as well as their own exposure to such risks. These duties of caution and protection will also be required of the owners of any sporting activity or competition.

We are all aware of the effort that this adaptation requires, but we are facing the challenge of a return with uncertainties and we must be absolutely respectful and rigorous with the measures that will be applied and that must always be within the framework of maximum respect for the health safety of all. Surely it is also a good opportunity to continue on the path towards the constant improvement of our competitions.

PART 1

Mandatory measures.

1.- GENERAL MEASURES FOR THE WHOLE ORGANISATION.

1.1.- These measures include a:

- Organizational team (managers, volunteers and professional staff).
- Referees and Staff.
- Athletes and coaches.
- Service companies (fitters, timekeepers, speakers and any other related company).
- Toilets and medical staff.
- Authorities.
The organisation will appoint a Health and Safety Officer to coordinate and guarantee the correct application of all the measures application of all the measures contemplated in this document.

1.2.- Elements of protection and accreditations.

- They will be those that at the time of the celebration of the test are mandatory or recommended by the health authorities and adopting appropriate distancing measures. In any case, it will be mandatory that all persons involved have the corresponding mask and have access to sufficient points equipped with hydroalcoholic gel or have a container for personal use.
- Prior training will be given to all staff and volunteers, for the correct use of protective elements and knowledge, in depth, of all health safety measures relating to COVID 19.
- Sanitizing gel will be available in all areas of the event, as well as in the vehicles. All volunteers will carry a specific kit consisting of hydroalcoholic gel, gloves and spare masks.
- Portable equipment supplied with sanitizing fluid shall be available for large and indoor spaces.
- A specific procedure for the provision and allocation of credentials will be ensured for all persons involved in the competition.

2.- MEASURES TO BE ESTABLISHED BEFORE AND DURING THE COMPETITION.

2.1.- Information.

- On the web.
 - o We expose the general and particular health rules.
 - o We warn of all the procedures and rules established in this document with special attention to the schedules for the collection of bibs, the order and schedule of pre-start and start of each athlete and other aspects that will be developed in this same document.
 - o It will contain all the technical information of the competition to avoid as much as possible the personal consultations during the day before the competition.
 - o We inform about all the content of the Technical Meeting (Briefing) prior to the competition with all the necessary details, including the obligatory material.

It will be guaranteed:

- The possibility of contacting each and every one of the participants and all the people involved in the organization, whether internal or external to it, by telephone and e-mail.
- That all persons involved, whether they are participants or not, hand in the corresponding "Health Declaration".
- The application of horizontal and vertical signage in accordance with the established standards of protection.

2.2.- Registrations.

In order to be able to carry out all the necessary processes with the necessary anticipation:

- Registrations will CLOSE 30 days before the celebration of the race and no later registrations will be accepted.
- In particular, they should report on the COVID-19 guide of measures.
- The maximum number of participants will be limited to what the authorities allow at the time.

2.3.- Delivery of bibs.

- A specific area will be set up that meets all the stipulated requirements, paying special attention to ensuring that it is as open a space as possible, with restricted access, that there is a distance of 2 metres between tables, that access and return corridors are indicated (with the necessary signage) and that it complies with the established regulations.
- The staggered schedule of pick up will have been previously indicated. This will be done individually by the athlete (unaccompanied) and the teams will do it through the corresponding delegate or coach.
- The bibs will contain the corresponding "chip" to avoid later manipulations.
- The organizer will decide whether or not to provide a runner's bag, but in any case bags will be provided with the sticker corresponding to the bib number both for the delivery of clothing and for the delivery of personal refreshments at the points provided.

- At a safety distance of not less than 500 m., there will be hygienic containers for the release of the participants' masks.
- The width of the finishing straight and the inner passage of the arch shall not be less than 4 metres, in order to facilitate a parallel sprint without encroaching into safety zones.
- The transition from the arrival area to the post-arrival area will be speeded up in order to avoid crowds.
- Before passing through the final refreshment area, participants must disinfect their hands. Disposable gloves should also be made available if necessary.
- The interview and media area should be appropriately regulated.
- The final refreshment will be self-service in individual bags or handled by personnel with protection and training in food handling, minimizing the presence and contact of organization staff. The time spent in the final refreshment area will be the minimum necessary to collect food and drinks and will be moved to a larger space as quickly as possible.

2.7.- Race.

- Whenever possible, run in one direction only. In cases where this is not possible, the outward and return zones should not be too narrow, so that athletes can maintain a safe distance when crossing each other. Care shall be taken to ensure that the public does not encroach on the safety zone.
- In the suspension obstacles and / or where there are elements of contact with the athlete there will be points of disinfection and application of hydroalcoholic gel.
- Obstacle volunteers will carry the preventive measures previously mentioned as well as disinfectant material to sanitize the obstacles.
- Alternatives for intermediate refreshments should be considered depending on the distance being run, using bags previously provided by the participants or individual bags with standard refreshments and minimizing any contact with volunteers.

2.8.- Prize-giving.

- The podium boxes shall be separated by a distance of 1.5 metres.
- The trophy/medal will be given to each athlete who will pick it up from a table, before going up to the podium.
- The authorities may stand to the side for photos (without physical contact with the athletes and keeping a safe distance).
- In the awards ceremony for teams or teams or clubs, only one representative per team/collective will stand on the podium.
- Athletes will not be grouped together in a single box.
- An area will be set aside for the media.

3.- MEASURES TO BE TAKEN DURING AND AFTER THE COMPETITION.

The availability of the contact details of all registrants, as well as of all persons linked in this document, must be guaranteed so that they can be made available to the competent authorities in case they are required for any follow-up of possible contagions.

For this, the organization must have forms available in electronic or paper format so that they can be permanently dumped to an active database and in which the collection of data, other than athletes (resolved in registration form), have the corresponding acceptance in accordance with the regulations on the protection of personal data (RGPD and Organic Law 3/2018).

The organization will have a health team with specific training for COVID-19.

PART 2

Possible and/or complementary alternatives.

1.- Establish the order and type of output.

Starting order.

On the basis that the departures will be staggered (sequenced), either in small groups or individually, the order of departure will be established as follows:

- For modalities and the rest in order of batch selects.

Always based on the different categories established in the rules. In any case it must be taken into account that this will not allow to make "finishing tape".

Types of outputs.

- For the steeplechase events, the selected option is to start in groups of 20 athletes placed in 5 rows at the back and 4 at the front. Sufficient space must be calculated to ensure that the distance of 1.5 metres between runners is met. This requires an approximate (minimum) surface area of the starting area of 6 x 12 metres. The same area will be required for the pre-start area.

2.- Management of the exit and pre-exit areas.

The management of these restricted areas requires:

- To have a larger number of seconded staff.
- To have a perfectly established time schedule that includes sufficient time to guarantee the correct flow and call times for the participants, as well as maximum coordination between those responsible for the two zones, the speaker and those responsible for timing.
- Pre-exit area:
- All participants will wear the mask, which must be disposed of in the corresponding container before going to the starting area or keep it by their own means (if it is reusable).
- Access to the area 10/15 minutes before the scheduled departure time. They must be able to position themselves to carry out their assigned functions such as checking material, marking, etc.
- The pass will be given to the starting area 5 minutes before the scheduled time.

3.- Route management.

- Wide areas or sections will be sought as far as possible.
- When trails are unavoidable, they have to be signposted 50 meters before this area, as "start of difficult passage" or "start of narrow passage".
- Likewise, 50 metres from the end of this zone, a warning will be given as "end of difficult pass" or "end of narrow pass".

4.- Recommendations.

Despite the difficulty of establishing certain parameters in competition, a series of recommendations are established for the participants. In no case will they be obligatory and neither will they be punishable.

In general:

- o Maintain safe distance between athletes.
- o In ascents: 5meters.
- o On downhills: 10meters.
- o On flats: 10meters.
- o Do not spit or blow your nose without the minimum distance from another person.

- o Avoid physical contact with other people.
- o Comply with all stipulated regulations.
- The passage of faster riders shall be favoured; for this purpose the rider who wishes to overtake, if it is a wide area, shall do so laterally and giving a warning, asking to pass 5 metres in advance. Both riders must favour the passing manoeuvre, both must be attentive. The passing rider must perform this manoeuvre with speed.
- In areas that are difficult to pass, technical trails, a warning shall also be given 5 metres in advance. The runner who is going to be passed must encourage this, move far enough away, slow down, if necessary stop and stand with his back to the runner who is passing, i.e. encourage and achieve distance.
- In very narrow, enclosed paths, you must hold your position until you reach an area where you can do it. The distance to the runner you want to pass must be 2.5 metres (in movement it must be more than 2 metres).
- The rider to be passed shall avoid braking or impeding the passage.
- Running in groups will be avoided, there may be similar rhythms, but always with a distance of 2.5 meters from each other.

5.- Management of provisioning.

In this special situation in which we find ourselves, the management of the refreshment posts is complex and, therefore, measures must be taken that best guarantee both the sustainability of their management and the protection of the health of all those involved.

In any case, it is advisable to maintain the necessary refreshment posts so that the race does not fall within the scope of self-sufficiency competitions.

As a general rule, participants are required to bring their own water bottles and cups. Not only to protect everyone's health but also to protect the environment.

In any case, the organiser will specify in his project the proposed management of the refreshment posts along the route and at the end of the race.

Refreshment areas along the route.

- Each refreshment area will be delimited and closed. Only runners and accredited personnel will have access to it.
- It will have a defined and separate space.
- Individual containers should be used, preferably made of biodegradable materials or recycled material.)
- The access cadence of runners will be controlled, respecting the distances both in the direct access area and in the perimeter.
- Containers will be provided for waste.
- The organization will be sanitizing, during the course of the passage of the runners, the liquid tanks, especially in the area of opening and closing.
- The time spent in this area shall be the minimum necessary.

6.- Showers and WC.

- Athletes are advised to shower in their accommodation.
- No showers will be available during 2021.
- Continuous disinfection and sanitation and distance control in the WC waiting area is ensured.

7.- Prize-giving area (if the conditions allow it, otherwise a delivery will be made at home.))

It is clear that the awarding of prizes and distinctions is one of the highlights of any competition. However, we must be aware of the need to maintain protective measures and avoid contact and crowds both in the podium area and in the public and media area.

- It will be a clean and sanitized area, with access restricted to accredited personnel and with the necessary indications of the location of the different actors, trying to keep their number to the minimum necessary and respecting safety distances.
- A complementary area will be set up for the athletes and authorities to wait for them.
- The schedule and awards ceremony will be announced.
- The classifications will be made known through telematic and other complementary means.

PART 3

Annexes.

COVID-19 REGISTRATION CLAUSE.

The COVID-19 health crisis makes it necessary to adopt a series of measures aimed at complying with the protocols established by the health authorities. The establishment and fulfilment of these measures requires a series of commitments and forms of action on the part, fundamentally, of organisers and participants. The reading and acceptance of this document is an indispensable condition for taking part in the obstacle competitions. The participant declares and declares:

1.- That is aware of the "particular measures, COVID-19, to be applied in competitions Bestial Events SL in relation to the presence and participation in sporting events generated on the occasion of the health crisis of COVID-19.

2.- That he/she undertakes to comply with all the requirements or simple recommendations contained in this guide, as well as the instructions given by the sports authorities or organising personnel present at the competition in relation to the measures to avoid contagion by COVID-19.

That he/she undertakes not to attend or take part in the event or competition in the event that he/she suffers symptoms that could be compatible with the contagion of COVID-19. This shall also apply to cases in which the symptoms were suffered by third parties with whom the participant has or has had contact that could objectively result in contagion.

4.- That, in case of being or having been infected by the COVID-19 virus, he/she agrees not to attend or take part in the event or competition as long as the health authorities do not state that the participation does not pose a risk, either for his/her person or for the rest of the participants with whom he/she could have contact.

5.- That, with the means at his/her disposal, and in any case when circumstances have arisen that make it advisable, he/she has undergone the existing tests to check whether he/she is or has been infected by COVID-19, always following the advice of health professionals.

6.- That he/she is aware and accepts and assumes that, in the current state, there is an objective risk of contagion of COVID-19 with the consequences that could be derived for his/her person in terms of health or problems that could even cause death.

7.- That you accept that Bestial Events S.L. adopt the measures indicated in the guide published in order to establish a reasonable security scenario in the competition. In this sense, it is noted that Bestial Events S.L., in the course of the competition, may adopt measures or decisions that are necessary in relation to the establishment or implementation of the measures contained in its published guide, or any others that were intended to provide the test of an environment as safe as possible in terms of avoiding contagion by COVID-19.

Model data collection form for people linked to the competition (non-participants. The data of the participants are collected in the registration form).

Required information

Date of signature of this form Name and surnames

DNI

Contact telephone number

E-mail address

Complete postal address

Position or function you hold

- Organization manager
- Volunteer
- Technical staff of the federations (coach, delegate, etc.)
- Medical/Health Staff
- Personal Timing
- Staff Assembly
- Other services (please indicate)
- Referee
- Management staff Bestial Events S.L.
- Speaker
- Security personnel
- Authorities
- I have read and accept the privacy policy
- Signature

As established by the General Regulation on Protection of Personal Data (RGPD) and its regulatory deployment, we inform you that the data collected through this form, will be incorporated into a file owned by Bestial Events S.L. to be used for the purpose of complying with the regulations established for the prevention of COVID-19. By sending this form you are authorizing the processing of your personal data for the purposes outlined above. You can exercise your rights of access, rectification, deletion, limitation of treatment, portability and opposition, by sending an email to info@bestialrace.com