

HYGIENE GUIDELINES / Terwa Run & Marathon

We want to make sure that every participant can visit our event with confidence and we need the help of all of you. Therefore, we hope that the site will be reached asymptomatic and the following instructions will be followed:

1. TAKE CARE OF GOOD HAND HYGIENE

- Please take care of good hand hygiene on the way to the event, during the event and when you leave the event. Disinfectant points are available at the race center and runway service points.
- Cover your nose and mouth with tissue when coughing or sneezing. If you don't have a tissue cough into your upper sleeve.

2. AVOID UNNECESSARY PHYSICAL CONTACTS, KEEP A SAFETY DISTANCE

- Respect our staff and other runners by keeping the safety distance.
- Please remember to take care of the safety distance in any cases – also while running.

Please read the general event info also from our web site: <http://www.terwamaraton.fi/english>

Thanks for your patience and welcome to our Terwa Marathon event!