

DEMI — MARATHON



Lévis

HEALTH GUIDE

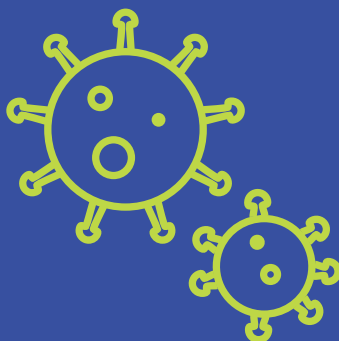
AUGUST 28-29, 2021
IN LÉVIS

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INTRODUCTION

For over a year, COVID-19 has turned our world upside down, forcing us to rethink the way we do things. As an organizer of running events, we have had to adapt and be creative to preserve the soul and spirit of Je Cours Qc, while ensuring the health and safety of runners, volunteers and everyone involved in our events.



It is for these reasons that we have reviewed all the aspects of our races, to make them as safe as possible by prioritizing the five universal guidelines proposed by la Santé publique.

This guide was created in accordance with these instructions and is also based on recommendations from the **Fédération québécoise d'athlétisme** and the **Directives for Outdoor Public Activities and Events from la Santé publique**. We were also inspired by the **Guide for Eco-Responsible and Sanitary Management of Events from the Quebec Sustainable Events Council** and protocols implemented during major events around the world.

Note that this guide remains subject to change depending on the evolution of the epidemiological situation and the directives from the Government of Quebec. It will be adapted and modified regularly. The guidelines mentioned apply even if runners, volunteers and team members have been vaccinated.



THE FIVE UNIVERSAL GOVERNMENT INSTRUCTIONS



Let's Continue to Protect Ourselves!



Cough into your elbow



Wash your hands



Keep your distance



Cover your face



Plan your travel

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

1-877-644-4545

Votre gouvernement

Québec

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These public health instructions are essential to limit the risks associated with the spread of the virus. Please respect them at all times.

BREATHING ETIQUETTE



La Santé publique du Québec asks us to cough into an elbow and cover our faces. Here is a reminder of the basic rules:

- Cover your mouth and nose when you cough or sneeze
- Use a handkerchief or your bent elbow and then wash your hands
- Do not spit on the ground or blow your nose without a tissue
- Use disposable tissues and put them in the trash as soon as possible
- Avoid touching your mouth or eyes with your hands
- Wear a mask until you are on the starting line
- Put on your mask as soon as you cross the finish line

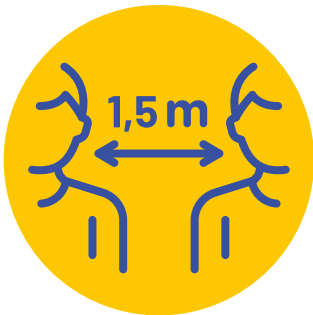
WASHING HANDS



Hand washing stations or volunteers equipped with a hydroalcoholic solution composed of at least 60% alcohol will be positioned at strategic locations, mainly as you enter the starting site and after you cross the finish line, in toilets and when you enter and exit the shuttles.



PHYSICAL DISTANCING



Physical distancing of 1.5 metres must be respected at all times, in all locations (between people who do not live under the same roof), in addition to wearing a face cover, which will be obligatory for people over 10 years old.

Entrances to the start, finish and shuttles will be controlled, as spectators will not be admitted in these sites.

The event schedule has been revised to reduce the number of people present on the site at the same time. Among other things, **waves rather than mass departures will be implemented, and the number of available shuttles will be increased to respect distancing inside vehicles.**

You will find more details about these changes throughout this guide.

ISOLATION



Anyone who shows symptoms, has tested positive, is waiting for a test result, or is considered to have been in close contact with a person who has COVID must stay home. A self-assessment guide published by the government is available [here](#).

If you have any doubts about your health, please stay home.

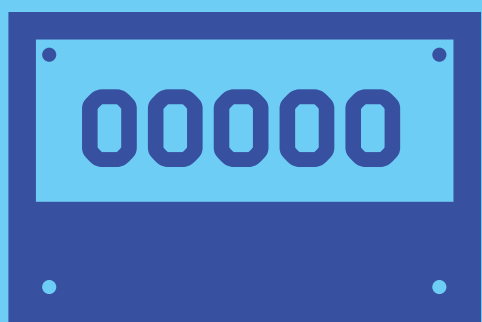
If you develop symptoms during the race, put on your mask and notify a member of the organization and keep your distance from others.

RISK WAIVER FORM



By signing the waiver when you registered, you accepted the risks of your participation in the event, including those related to COVID.

BIB DISTRIBUTION



To avoid crowds, when you registered you were given the option of receiving your bib and a t-shirt by mail.











If you chose to pick up your bib in person, do not hesitate to offer your friends or family to pick up their bibs at the same time. This will help limit the number of people showing up to pick up their bibs. **You will need the bib's number and the person's address of each of the bibs you will be picking up.**



Please bring a reusable bag so that volunteers can give you your items without contact. Note that no t-shirt size changes will be possible this year, both at the bib distribution and at the finish site.

ONLINE REGISTRATIONS Until Wednesday, August 25, 11:59 PM on jecoursqc.com

ON-SITE REGISTRATIONS

5K - 10K	21K
<ul style="list-style-type: none">  Thursday, August 26, 12 P.M. to 8 P.M.  Friday, August 27, 9 A.M. to 8 P.M.  at Galeries Chagnon, close to Sports Experts. 	<ul style="list-style-type: none">  Thursday, August 26, 12 P.M. to 8 P.M.  Friday, August 27, 9 A.M. to 8 P.M.  Saturday, August 28, 10 A.M. to 4:30 P.M.  Sunday, August 29, 7 A.M. to 10:30 A.M.  at Galeries Chagnon, close to Sports Experts.

Until there are no bibs left. No registrations on the day of the race.
The 2K is sold out. No on-site registration.

BIB DISTRIBUTION

2K - 5K - 10K	21K
<ul style="list-style-type: none">  Thursday, August 26, 12 P.M. to 8 P.M.  Friday, August 27, 9 A.M. to 8 P.M.  at Galeries Chagnon, close to Sports Experts. 	<ul style="list-style-type: none">  Thursday, August 26, 12 P.M. to 8 P.M.  Friday, August 27, 9 A.M. to 8 P.M.  Saturday, August 28, 10 A.M. to 4:30 P.M.  Sunday, August 29, 7 A.M. to 10:30 A.M.  at Galeries Chagnon, close to Sports Experts¹.
<ul style="list-style-type: none">  Saturday, August 28, 10 A.M. to 4:30 P.M.  at the shuttle site before the race¹. 	

Changes of events and transfers of participants² will be possible, only when picking up bibs, until there are no bibs left. No changes or transfers on the day of the race.

¹ It will be possible to pick up your bib on the same morning of the race, but you must remember that your time is **very limited** at each site.
² If you have received your bib by mail, it will be essential to present it to complete the change or transfer transaction. These transactions must be done by electronic payment, not in cash.

FUNCTIONING OF THE RACE



IN THE WAITING AREAS



It is essential to respect the schedules, which will be communicated to you before going to pick up your bibs, to the shuttle site and to the departure sites.

Carefully review the detailed schedule for your race.



Regardless of your vaccination status, wearing a mask is:

- **strongly recommended on the start and arrival sites.**
- **highly recommended where physical distancing is not always possible outside**, for example in the departure corridor and the arrival corridor.
- **mandatory inside** when handing out bibs and during shuttle transport.

Respect at all times the physical distance between individuals at the start and arrival sites and at refreshments.

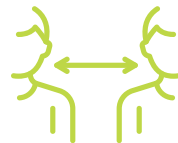


To facilitate distancing, visual cues will be posted in the lines and departure corridor.

DURING THE RACE



To limit overtaking, departures will be done by waves at the anticipated speed of the race. Each wave start will be divided in smaller groups of 100 runners, every 60 seconds. Cadence rabbits are not allowed this year due to physical distancing restrictions.



You must maintain a no-contact zone of 2m² around you at all times. However, another runner can enter this zone for a few seconds to pass you. In this case, runners must signal their intentions and keep their distance as much as possible.



Physical distancing must also be respected in the refreshment stations. If you want to stop at a refreshment station temporarily, you will need to put your mask back on.

AFTER THE RACE



After crossing the finish line and celebrating your accomplishment (without contact!), it is **strongly recommended** that you put your mask back on as physical distancing is not always possible in the arrival corridor.



A hand washing station will be your first stop in the arrival corridor, where you will sanitize your hands. Post-race snacks and beverages and the medal will be placed in pre-packaged bags.



Services at the arrival site will be reduced to essentials to ensure proper circulation and to avoid crowds. A hand washing station with soap and water will be available on site.



There will be no Result Tent at the finish site this year, your results will only be available online at sportstats.ca.



A medical rest area will be securely set up near the Medical Tent if you need extra time before leaving the site.



SCHEDULE



DEPARTURE SYSTEM

To comply with government instructions regarding gatherings, the departure system and configuration of the departure corridor have been revised.



Each event will be divided into starting waves. Each wave will have a specific schedule indicating when to board shuttles and go to the departure site and departure corridor.

Carefully review the detailed schedule for your race.

Departures will be done in waves and each wave start will be divided in smaller groups of 100 runners, every 60 seconds. Each subgroup start will be at the anticipated speed of runners, a speed you determined when you registered, with the goal of limiting overtaking on the course. You will also find this information on your bib or directly on the Race Roster website <https://raceroster.com/signin>.



Visit <https://www.jecoursqc.com/en/demi-marathon-levis/schedule/> for schedules.

CIRCULATION AT DEPARTURE AND ARRIVAL SITES

Taking into account the rules in effect (maximum number of people at the same time on a site, access to the departure and arrival sites must be controlled, delimited, by reservation, with pre-established time, register required), **spectators/accompanying persons are not allowed on the departure and arrival sites. However, they may be present along the route to encourage the runners, all while respecting health instructions.**

Sponsor booths and activations will be permitted, provided they are directed exclusively at runners (as spectators are not permitted on the finish site), and to the extent that they do not create a crowd.

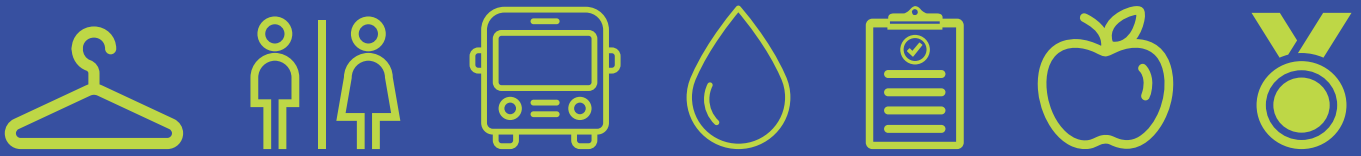
The opening hours of the departure and arrival sites have been reduced to avoid people gathering. **You are invited to arrive at the start site at the time communicated on the website, and not to stay in the finish site after your race.** Note that the medical team will of course be available to help you if you need assistance.

Services at the finish site have also been reduced, for example, exhibitors and the Results Tent will return in 2022. **Post-race snacks, changing rooms, toilets and first aid services are still available.**

At the arrival corridor, we ask that you put on your mask as soon as your celebratory moment is over, then disinfect your hands and collect your post-race snack. Unfortunately, a runner who has finished the race will not be allowed to wait for another runner to arrive in the arrival corridor.

Please do not stay in the corridor or at the arrival site.

SERVICES





CHANGING ROOMS

A changing room service will be available to runners who want one at the starting site. Personal items left in a changing room can be collected at the arrival site. **It is specifically requested that you put all your items in one closable bag** to avoid losses and so that our volunteers do not have to handle a large quantity of items. A table for depositing your bag will be installed outside the changing room truck to maximize the physical distance between runners and volunteers. **Make sure you identify your bag with the tear-off strip at the bottom of your bib before placing it on the table.**



For those who can avoid using the changing room, we suggest you wear clothing at the start that you can leave on the sidelines of the departure area, which will be picked up and sent as a donation to the Accès Loisirs organization (items left at the departure site cannot be retrieved later). Please do not leave your clothing anywhere except the departure site.



SHUTTLES

If you want to use the shuttle service provided by the organization, you must follow certain rules:

- Wear a mask at all times
- Mandatory hand washing when entering and exiting the bus
- No eating inside the bus
- The first person to enter must go to the back of the bus, to occupy the last empty seat
- One person per bench: alternating between the window side and the aisle for each bench. (If the maximum capacity is 24 people. This instruction will be re-assessed if the capacity changes.)
- The rows in front will exit the bus first, and so on

The interior of the vehicles will be completely disinfected between each trip.

For shuttles to the departure site, **you are can proceed to the shuttle site at the time communicated on the [website](#)**, even if that means waiting inside your vehicle before your time.

Visit the [website](#) for more information on the shuttle service. **Major changes have been made to the shuttle service for the 21 km and the Kids Race.**

A bracelet for an accompanying person will be given with each bib for the Kids Race. This bracelet will give access to the shuttles for this race, to the start site of the Kids Race and to the finish site.

If you are carpooling with people from another household, we recommend that you wear a mask before entering the vehicle and for the duration of the journey.



TOILETS

Toilets will be available as usual at the start site, refreshment stations and finish site. However, we remind you that your time on the sites will be limited. **If you stop at the refreshment stations to use the toilet, you must put on your mask and wash your hands.**



REFRESHMENTS



Whenever possible and with the goal of reducing contact, we ask each participant to bring and use their own hydration equipment (e.g., hydration bags and belts).

For filling them up during the race, runners must present their water bottle or hydration bag to the volunteers for it to be filled (water or energy drink). Only a runner is allowed to touch her/his hydration equipment. **Wearing a mask is mandatory if the filling of the equipment must be done by a volunteer.**

Otherwise, the refreshment stations will function in the same way as usual, with volunteers (equipped with masks and eye protection) offering filled cups, gels and sponges to runners.

The refreshment products available at the refreshment stations are available on our [website](#).

More than in previous years, you will be asked to dispose of cups and food packaging directly in the garbage bins at the refreshment stations to facilitate the work of our volunteers, who will be fewer in number this year, so that they do not have to handle your waste.



PARTICIPATION MEDAL AND POST-RACE SNACK

The distribution of the post-race snack will be done differently this year, but the menu will be similar to what is usually offered. **Apart from water, all items including the medal will be placed together and pre-packaged in a bag for contactless distribution.**



Each runner will have to pick up a bag from the tables inside the arrival corridor, being careful to avoid close proximity with our volunteers. Volunteers will be on site to guide you.



PODIUMS AND RESULTS

The results will be available on the Sportstats website. There will be no Results Tent on the site.

Podiums will be held for the winners (Top 3 Men and Women) of the Coupe Québec, the Quebec Championship of the 21km, a few minutes after their arrival, based on Gun Time. The winners of the other distances (2km, 5km, 10km) and the age categories of the Quebec Championship will be highlighted with a web recognition based on Chip Time.



As in other years, there will be badges for Seniors and giveaways for the Kids Race, which will be sent by mail this year.

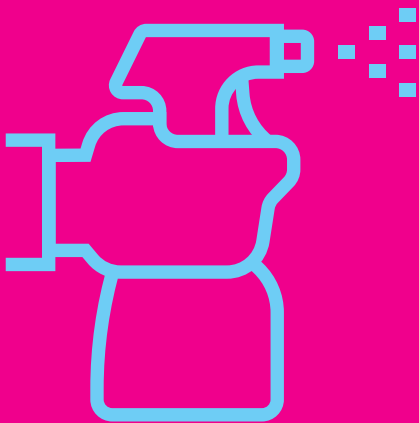


FIRST AID PROCEDURES



Our first aid team will be with you on the course and at the start and finish sites as usual. If you need assistance and when it is possible for you to do so, please put on your mask before approaching a first aid attendant.

CLEANING PROCEDURES



Changes to the procedures are planned to avoid contact with equipment and surfaces as much as possible. In cases where it is impossible to eliminate contact (use of toilets, refreshments, shuttle, etc.), a strict protocol is in place to clean the surfaces regularly.

**WANT TO
HELP MAKE
JE COURS QC
EVENTS
EVEN SAFER?**





- 1 Arrive ready for your race.
- 2 Be as autonomous as possible: carry a hydration belt and snacks, and only use the locker room if necessary.
- 3 Show up on time for your departure: not too early or too late, and **check the website**, the race notice and the organization's communications for your schedule.
- 4 When overtaking another runner, respect the 2m² bubble.
- 5 During the race, if you stop for more than a few seconds, it is strongly recommended that you put on your mask (toilets, refreshments, etc.).
- 6 Put your waste in the trash to prevent our volunteers from having to handle it.
- 7 Avoid handshakes and celebratory contact.
- 8 Do not stay on the site after your race.

JE —
COURS
QC