

Guidelines

【Notes】

In order to prevent the spread of COVID-19, we request every participant to understand and observe the following:

We ask each runner to participate in the race with self-responsibility and self-management.

Please note beforehand that groups and/or people involved in this event shall not be held liable for any accident, injury, disease, loss, theft, damage, etc. that happens during the race.

Also please note that the event may be suddenly canceled due to the circumstance surrounding COVID-19 or other unexpected incidents.

- Please read the COVID-19 information beforehand on the website of the Ministry of Health, Labour, and Welfare, as well as on the website of Nara Prefecture. (※1)
- Wash or disinfect your hands with alcohol frequently.
- Please wear a mask.
- Practice social distancing when you are indoors.
- If you have a fever or other cold-like symptoms, please refrain from participating.
- If you feel unwell, take a break until you recover, or else, visit a nearby medical facility.

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▪ The Ministry of Health, Labour and Welfare's website on COVID-19
https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000164708_00001.html

▪ Nara Prefecture's website on COVID-19
<http://www.pref.nara.jp/54673.htm>

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