

Kobo Trail 2023 Policies to Prevent COVID-19 Infections

- ※ Entries for the race are limited to those who live in Japan. (Subject to change depending on the status of the spread of the new coronavirus)
- ※ The participants in this event (runners, staff, etc.) must understand and follow what is written in this document, “Kobo Trail 2023 Policies to Prevent COVID-19 Infections.”
- ※ Every runner and staff member will take a PCR test using a simple kit, and only those who get the result of “low risk” of infection will be able to join the race. (Those whose results are “high risk” may join the race if they obtain a COVID-19 negative certificate at their own expense.) We will inform applicants how to take the PCR test in due course.

[Rules for applying to enter the race]

- Applicants and those who live with them are required to take daily infection prevention measures.
- The race may be canceled due to the situation surrounding COVID-19. The decision whether the race is carried out or not will be made based on the central and local authorities' policies.

[Pre-race rules]

- Runners and those who live with them are required to take daily infection prevention measures.
- Prior to the event, take your temperature every day for one weeks (from May 13, 2023) and submit the records to the race organizer.
- If any of the following applies to you within one weeks prior to the race, you will be prohibited from participating in the race.
 - Have an above normal temperature (37.5 °C or above)
 - Feel unwell (e.g., cold like symptoms such as cough, sore throat, feeling cold, fatigue, trouble breathing, problems with sense of taste or smell, headache, sore muscle, stuffed nose, runny nose, and nausea/vomit)
 - Have the person you are in close contact with tests positive for COVID-19
 - Someone close to you such as a family member living with you or coworker may have contracted the disease or has a symptom listed above.
 - Within 2 weeks prior to the event, have returned from countries/regions from which entry to Japan is restricted or subject to quarantine following entry into Japan, or have had close contact with a person who has stayed in any of such countries/regions.

[Rules for one day before the race and race day]

- For participants in the D to K race, body temperatures will be taken before the bus ride. If the temperature is 37.5 °C or above, you will not be allowed to get on the bus. During the bus trip, please avoid speaking to others. The bus windows will be open to ensure good ventilation.
- During the bus ride, eating and drinking are prohibited except for necessary hydration.
- For participants in the K to K race, temperatures will be taken at the entrance of the briefing facility. Those who have a temperature of 37.5 °C or above are not allowed to enter the venue.
- Please keep prevention rules in mind at the time of registration and follow the staff's instructions.
- Wearing masks is required at the briefing venue. Or, you may substitute with a headwear that can cover your nose and mouth and prevent the spread of droplets.
- It is prohibited to throw away litter produced in the facilities unless it is into a designated litter box.
- As for litter with your saliva or nasal fluid, you must put it in a plastic bag, seal the bag tightly, and bring it home or throw it away in a designated litter box.
- In order to avoid congestion, people's entry at the areas of registration, start and finish may be limited. Please follow staff members' instructions.
- Temperatures are checked at the starting area. Those who have a temperature of 37.5 °C or above are not allowed to enter the starting area nor run the race.

[Rules at lodging facilities]

- Accommodation for both K to K and D to K participants are shared rooms separated by gender. If there is someone you would like to share a room with, please write the person's name in the "Notes" section of the entry form.
- Infection prevention measures are taken by limiting the number of people lodging in one room, keeping distance between each futon mattresses, and so on. Please wear a mask and avoid speaking as much as possible.

[Rules during the race]

- Please wear a mask or headwear to cover your mouth and nose in the following situations:
 - When queueing up at the starting area until starting of the race,
 - At the aid stations (except when you eat or drink),
 - In the building after finishing the race.

- ※ It is not compulsory to wear a mask outside of the above situations during the race.
- Please try to maintain distance from other runners. On the forest roads or other public roads where it may be easier to keep some distance from each other, it is encouraged to run side by side or diagonally behind other runners to stay away from the effects of the exhaling breaths of those ahead of you.
- When you overtake a runner ahead of you, call out and pass them while maintaining distance.
- Do not spit or spit out phlegm during the race.
- Hugs and high fives between runners and staff are prohibited.
- It is encouraged that runners bring along disinfecting wipes or hand sanitizer spray with them. Please wash your hands, gargle and use disinfectant often.

[Rules at aid stations]

- Please make sure to follow staff members' instructions in handling food or drinks.
- As for the food given at aid stations, sanitize your hands first and handle the food yourself. Wear a mask when you are not eating or drinking, and refrain from speaking with each other.
- Please bring your own bottle for water and put water in it directly from the tank.
- It is prohibited to throw away litter produced in the aid stations except into designated a litter box.
- As for litter with your saliva or nasal fluid, you must put it in a plastic bag, seal the bag tightly, and bring it home or throw it away in a designated litter box.
- It is prohibited to pour or throw away leftover drinks on any place (e.g. on the running course) other than designated places.

[Post-race rules]

- If you contract COVID-19 or develop symptoms such as fever or cough within one weeks after the race, promptly inform the Organizing Committee together with information as to the existence of close contacts.

[Disclaimer]

- The organizer of this race is not liable for COVID-19 infections in any individual involved in this event.