



Contact information

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Website	http://rukanordic.com
Social media	http://en.rukanordic.com/some

Offices and their opening hours		Officials	
Race office	Mon-Sun 09:00-20:00 Scandic Rukahovi Congress Centre	FIS Technical Delegate	Marte Aagesen Trondsen (NOR) Nathalie Santer (ITA)
Transportation	Mon -Sun 09:00-20:00 Scandic Rukahovi Congress Centre	General Secretary	Seppo Linjakumpu (FIN) +358 400 706433 seppo.linjakumpu@rukanordic.com
Finances	Thu-Sat 10:00-18:00, Sun 10-15 Congress Centre	Accommodation	Mia Oinas (FIN) +358 306502535 rukanordic@lomarengas.fi
OC Office	Mon-Sun 09:00-20:00 Scandic Rukahovi Congress Centre	Transportation	Seppo Linjakumpu +358400706433 seppo.linjakumpu@rukanordic.com
		Finances	Anne Lahdelma (FIN) +358 45 1689028 finance@hiihtoliitto.fi
		Wax Cabins	Seppo Linjakumpu +358400706433 seppo.linjakumpu@rukanordic.com
		Sport	Seppo Linjakumpu 0400706433 seppo.linjakumpu@rukanordic.com
		Covid-19 Coordinator	Tuomi-Tuulia Ervasti (FIN) +358 50 570 3907 tuomituulia.ervasti@gmail.com

Event schedule

Event schedule (LOC times)			
26.11.2020	Event	Location	Races
17:00	Team Captains' Meeting	Press Center/Online	27 Nov - SPWQ Women's SP 27 Nov - SPWQ Men's SP
27.11.2020	Event	Location	Races
13:30	Competition start		27 Nov - SWC Women's SP
13:30	Competition start		27 Nov - SWC Men's SP



17:00	Team Captains' Meeting	Press Center/Online	28 Nov - SWC Women's 10k 28 Nov - SWC Men's 15k
28.11.2020	Event	Location	Races
10:40	Competition start		28 Nov - SWC Women's 10k
13:45	Competition start		28 Nov - SWC Men's 15k
17:00	Team Captains' Meeting	Press Center/Online	29 Nov - SWC Women's Pur 29 Nov - SWC Men's Pur
29.11.2020	Event	Location	Races
12:50	Competition start		29 Nov - SWC Women's Pur
13:50	Competition start		29 Nov - SWC Men's Pur

Arriving to Finland

For all the participants arriving to Finland must hold the necessary travel documents and a negative coronavirus test certificate that is no more than 72 hours old at the time of your arrival in Finland.

The national regulations recommend all the participants to download a mobile application Koronavilkku, which is a contact tracing app produced by the Finnish Institute for Health and Welfare (THL). The application will help you find out whether you may have been exposed to coronavirus during your visit in Finland. An English version of the application can be downloaded from Google Play or from Apple store.

For more information, please visit: <https://koronavilkku.fi/en/>

During your travel, it is obligatory to use a face mask at all Finnish airports and at domestic flights.

Voluntary quarantine

The person arriving to Finland must stay in voluntary quarantine according to the national regulations. Usually the quarantine is 10 days, but it can be shortened by taking two COVID-19 test. The first test is taken in the country of departure (no more than 72 hours old at the time of your arrival in Finland) and the second test (antigen test) is taken at once after your arrival Ruka Village. Passengers, who will arrive via Oulu or Rovaniemi airport, will be have test (antigen test) at airport city, Mehiläinen Drive-in station, before bus travel to Ruka; or test at Ruka Village. If the result for both tests are negative, the quarantine can be stopped. Antigen result is ready in max. 6 hours. During the voluntary quarantine the training is possible only outdoors.

Arriving to the training camps

Those who arrive to training camps in Finland in advance, must take a COVID-19 test at least 72 hours after your arrival to Finland. After negative test result the voluntary quarantine can be stopped, and it is possible to train normally.

Those who arrive to training camps will be tested two times for COVID-19 in Finland. The first test is taken after entering to training camps, and the second test is taken after entering to Ruka.

Arriving to Ruka

When arriving to Ruka from Finnish training camps or from abroad, a COVID-19 test (antigen test) must be taken at once after your arrival to Ruka. Those who participate to training camps will be tested two times in Finland. Those who arrive straight to the competition will be tested once. The medical center Mehiläinen will take the tests at Ruka village.

Accommodation

Booking according the FIS Rules via FIS Online registration system

The OC offers following accommodation (full board included):

Three star hotel Scandic Rukahovi next to the venue:

115 € per person in double room, 155 € single (FULLY BOOKED)

Three star apartments 3-4 persons (RukaTonttu, RukaSuites, AurinkoRinne, RukaVillage, Rukahovi apartments) next to the venue:

110 € per person, few 2-persons' apartments 115 € per person (minimum number of persons occur)

All the hotels and restaurants in Finland follow the national regulations of the Finnish Institute for Health and Welfare (THL) and Regional State Administrative Agency (AVI). The regulations might change before the event.



The Regional State Administrative Agencies give guidelines to the hotels and restaurants. Every restaurant has a plan for in-house control, where the state their actions to prevent and minimize the spreading of COVID-19. In-house control is inspected regularly by local healthcare authority.

The current regulations are limitations to the opening times of restaurants and amount of guests, that can enter the restaurant at the same time. These limitations occur in all restaurants in Finland. The sanitation and hygiene follow the international recommendations for COVID-19. Restaurants must guide their customers to keep the social distance of 1-2 meters.

Below are listed the special actions to ensure safety in accommodation:

Scandic Rukahovi

It is possible, that other guests are accommodated to the same hotel in 35 rooms / approx. 40-70 persons in total.

- In Scandic Rukahovi teams are accommodated in the same floor. Other guests are accommodated in other floors, if possible
- Some of the rooms have their own entrance
- In hotel rooms there are disposable hand paper towels
- No housekeeping service while guest is in the room
- Lunch and dinner are served at restaurant in Rukahovi, which is closed from other guests. At breakfast there might be other diners at the same time, but they are seated to a different area, if possible.
- Water and drinks are ready at the tables
- The tables are cleaned between guests, after the diners have left the table

SKI-Inn -apartments (RukaVillage, RukaSuites, AurinkoRinne, RukaValley, RukaTonttu)

- Possibly other guests also
- AurinkoRinne and RukaTonttu have their own entrance in each apartment
- In RukaVillage, RukaSuites and RukaValley it is possible to use elevator or stairs
- Each team will be accommodated in the same floor, if possible
- No housekeeping service while guest is in the room
- In case of suspected COVID-19 infection, the cleaning service is ready for disinfection

Restaurant Villisika

(Dining of participants, who are accommodated in RukaSuites, AurinkoRinne and RukaVillage. Possible also some members of event organization, who are accommodated in Karhunvartija.)

- Separate area for dining and own entrance Hotel Rukatonttu
- The whole hotel is reserved for Ruka Nordic participants. No other guests or diners. Changes of rooms

Changing of the rooms or apartments without a separate notice to the hotel is strictly prohibited. In case of COVID-19 infection the event organizer and local healthcare authority will start to trace the persons who might have been exposed for coronavirus, and that will be based on the room distribution informed.

If room changes needed, please inform Reception.

Transport

Official airport : Kuusamo and Oulu

The organizing committee will arrange transportation between the airports and the hotels. 1 transport (from and to the airport) free of charge. Price for additional transport:

230 € for Kuusamo airport (up to 15 persons=230 €, 16-50 p.=290 €)

680 € for Oulu airport (up to 15 persons=680 €, 16-50 p.=830 €)

630 € for Rovaniemi airport (up to 15 persons=630 €, 16-50 p.=780 €)

Information to the Shuttle service

- (hotels – venue) : no shuttle service (walking distance).

- Holiday Club Kuusamon Troppiikki- venue: shuttle service will be organized



Transportation to Ruka

The drivers of the teams are tested negative for COVID-19. Inside the cars it is recommended to use FFPE2 or FFPE3 respiratory masks. The drivers will provide the masks and hand sanitizer for travelers. The face masks must be placed on before entering the vehicles.

Accreditation

In accreditation, the participant must hold FIS pass and a certificate of a negative COVID-19 test result taken in Ruka. If the participant has agreed, that the testing results can be informed directly to the organizer, the accreditation can be done without the participant bringing the test certificate personally (e.g. by team managers).

There will be two different places for accreditation. Accreditation station 1 is for team reds and accreditation station 2 for other teams. For team specific information see section "Cohort model" below. At accreditation, you will receive an accreditation card, and a colour code card. Both cards must be held visible during the whole event.

The locations of both accreditation stations are in the Congress Centre; station 1 downstairs and 2 on the second floor.

The participants are isolated and separated to smaller groups according to a cohort model. In the cohort model the participants are divided to groups: red, blue, yellow and green. The listing of the groups is introduced below (see health protection plan).

Health protection plan: <http://en.rukanordic.com/wp-content/uploads/2020/11/Covid-19-team-info-RukaNordic-WorldCup-1.pdf>

Testing protocol/ Covid-19test:

The medical records system in Finland requires a medical referral for each COVID-19 test, prior taking the test. The information needed for the referrals must be added to the medical records 7 days before testing. By adding the information in advance, the testing is faster and the queuing times for the tests are shorter.

Each team must provide a list of persons, who will be tested. The list must be provided as an excel file. The name, phone number and the arrival date for each person must be classified in different excel cells. **The data must be sent to the organizers by 16.11.2020. (covid19@rukanordic.com)**. You can use as a base the excel download function in the FIS online entry system and just add manually the missing information.

The information will be given to the medical center Mehiläinen, who make sure that the medical referrals are ready for COVID-19 testing.

If the list is not provided in advance, the information will be added to the medical records system when taking the test in Finland. In this case queuing might take longer, and the price for the test is higher.

Before taking the test, all the participants must sign a document, where they agree that the test results can be reported to the organizers.

The negative test result for COVID-19 test will be informed by SMS message. A positive result is informed by calling, and the healthcare instructions for the infected will be provided on the phone. After a positive test result, the organizing committee and local healthcare authority will start tracing those who might have been exposed for corona virus.

The COVID-19 test is an antigen test, which is approved by the local healthcare authority. The result is ready within 6 hours from taking the test. A positive test result will be confirmed with a second different PCR-test.

Prices for COVID-19 tests (in euros): Antigen test 99,00 and a handling fee 15,00 PCR test 195,00 and a handling fee 15,00

The testing can be paid with bank or credit card. Cash in not accepted. The teams are responsible for making sure that all their member have a payment card available.

The location of medical center Mehiläinen at Ruka will be announced later.

Questions regarding the COVID-19 testing can be send in advance to: covid19@rukanordic.com

Medical Service

In case you have an emergency you can call the following numbers: Public emergency number is in Finland 112

Medical facilities

at the venue: Medical staff group; Susanna Aikkila +358 40 541 7899

in the village: Ruka Village Health Care Center + 358 40 707 7123

Hospitals near by: Kuusamo City Hospital +358 40 8608 611

Ambulance in Ruka stadium; Keijo Talvio +358 400 398 745



Reimbursement & Prize money payment

Due to data protection rules the data's from the athletes have to be given directly to: finance@hiihtoliitto.fi
Or on-site to Anne Lahdelma in the financial office (opening times see above)

Income tax information for prize money:

Income tax of European citizen is 15%

Income tax of non-European citizen is 15% (USA 0 %)

Waxing facilities

Wax cabins : available from 23/11/2020 at 12 :00

Waxing trucks : teams arriving with trucks have to inform the OC before 15/10/2020

The keys to the cabins are available at the service area. This year we have not any deposit fee/team. Keys return to the Ski Cafe/service area on the day of departure.

Parking cards can be picked up at the service area at the same time with the keys.

Regulations of radio equipment/Radio Frequencies:

The Finnish Transport and Communications Agency (Traficom) regulates the use of radio frequencies in Finland. Based on submitted applications Traficom issues radio licences for users of radio transmitters to ensure trouble-free utilization of the radio spectrum. Applications can be submitted by filling in the form found with the link below no later than 23 October 2020.

<https://www.traficom.fi/en/contact-form-event-organizers>

Some radio transmitters can be used on a licence-exempt basis depending on their operating frequency and application. Please refer to Traficom Regulation 15 - https://www.finlex.fi/data/normit/46168/Regulation_15AQ.pdf

The applicable frequency bands for wireless cameras, video links and microphones have been collected to page

<https://www.traficom.fi/en/communications/communications-networks/wireless-cameras-video-links-and-microphones>

Regulations of Visa:

Remember that citizens of some countries will need visa for visiting Finland.

Please check with your embassy if you need a visa for Finland.

For an official letter of invitation, please send a request to kev@rukanordic.com

Special permissions for truck driving (Sunday- and night, other days with special regulations)

Teams must give information when they will arrive to stadium and parking area. Send messages by email to kev@rukanordic.com

No Sunday or night driving permission needed.

Maps and Courses

Friday, 27/11/2020 1,4 km course sprint

Saturday, 28/11/2020 5 km course

Sunday 29/11/2020 2,5 km course