

SUPPLY POSTS

The number of supplies and their nature may change depending on our ability to organize them in compliance with health rules.

When entering the feeding zone indoors, the rider will have to wear his mask until he gets out, clean his hands with the supplied hydroalcoholic gel and respect the rules of physical distancing.

No escort will be allowed to enter the supply area (including life bases).

To avoid health risks and waste, the supply will be provided upon request by a volunteer who will serve him directly in a dedicated container or in his eco cup with respect for physical distancing. Bins will be made available for containers with an obligation to deposit them after use.

The riders will have to plan accordingly their "reserve of race food". Supplies other than water must not be manipulated by the riders. The service will be provided by the organization's volunteers who will fill the individual eco-cup containers.

In "life bases" and bed-equipped supply posts, the runner wishing to rest on a bed will have to use a disposable bed pad provided by the organization. A charge for him to deposit it in the dedicated trash after use. Runners who want a blanket or duvet should include it in their "basic life" bag.

The beds will be positioned at the recommended distances.

DROPOUT

In case of drop out, the rider will have to get on the bus of repatriation with the mask and keep it during the whole duration of the transport.

ASSISTANCE

Only one accompanying person will be allowed in the personalized **assistance zones** (50m around the **supplying zone**) and he will not be able to enter the **supplying zones** under any circumstances.

The accompanying person must:

- Wear a mask and carry your own water gel to use before refueling your runner.
- Have your runner's supplies in a bag until you give them to them.
- Win this bag when you leave the personalized service areas with all your waste because there will be no garbage can available

ARRIVAL

The wearing of the mask will again be mandatory for all participants once the finish line is crossed, both in the **Finish Zone** (delivery of the finisher endowment, end snack, anti-doping control, interview) and in the **materialized Zone** (retrieval of "life" bags).

The care of osteopathy, physiotherapy and chiropodists will be maintained only if the constraints of the moment allow. It will be the same for showers on arrival.

Runners must use the gel made available to them to respect the protocol of use of the sanitary

PUBLIC and ACCOMPANYING PERSONS

Access to “Departure” and “Arrival” areas will be prohibited to the public.

The public will be required to wear a mask and follow physical distancing rules as per general instructions.

PRESENTATION OF AWARDS

As required by the FFA protocol, only the top 5 men and women from each distance will be rewarded. They will have to go to the podium with their mask and use the hydroalcoholic gel at their disposal, both before receiving their reward and when descending from the podium.

SPECIFIC REPAYMENT TERMS IN THE EVENT OF CANCELLATION

In the case of cancellation of the race by Authorities decision, the terms of reimbursement will be indicated on the website of the Grand Raid des Pyrénées (according to the terms indicated in the dedicated paragraph of the race regulations).

<https://www.grandraidpyrenees.com/fr/>

And on social networks.

In case of cancellation, each registered runner will be informed individually.

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