

EERIKKILÄ TRAILRUN - Safety instructions for participants –

To ensure safe participation of yourself and others, please follow these guidelines:

Due to the (COVID-19) visit our website for more information about safety in Eerikkilä.

<https://www.eerikkila.fi/en/stay-safe-at-eerikkila-sport-outdoor-resort>

Prepare carefully and be prepared to take care small troubles by yourself:

- ***Avoid blisters.*** Use such combination of shoes and socks that you know will work also on long distances and even if the shoes are getting wet. Cut toe nails few days before the race. Use tape or anti-chafing Vaseline or other means to protect sensitive places on your feet and elsewhere. Take second skin for blisters if you expect to need it. Remove all trash from shoes immediately during the run.
- ***Avoid getting exhausted.*** Fill your energy reserves before the race. Have a proper breakfast. Carry enough energy for the race. Drink enough during the run, taking into account the weather conditions. Don't start too fast, find your own pace and enjoy the run.
- ***Take care of your own medication if needed.***
- ***Store the first aid team's phone number +358 40 2572380 and the race director number +358 40 6753860.*** Make sure that your phone battery has enough power until the finish line.
- ***Install 112-application to your phone.***

Help yourself in small trouble:

- If you can't finish, proceed to the next first aid station for transport or take the shortest route to finish. Always inform organizers if you don't complete the race. +358 40 2572380 and +358 40 6753860.

Help other participants in emergency:

- Give first aid to an injured participant and help an injured participant to the first aid station.
- Ensure that an injured participant is not left alone without help. Race officials and the tail patrol can also be asked for help.

If you have to call help:

- If it is not an emergency, call the first aid team +358 402572380.
- In serious emergency, first make the emergency note through 112 application. Tell your name, what has happened (accident, sudden illness), where (Eerikkilä Trailrun, kilometer xx), is the patient in danger. Listen to the instructions, answer questions, wait for ok before hanging up the phone. After this, inform the race organizers immediately for quick evacuation of the patient to the nearest road +358 40 2572380. If necessary, stay until help has arrived.