COUPE DE MONTRÉAL de karting

COVID-19

Racing Rules

Last update : July 13th, 2020

Introduction

This document entitled "Covid-19 Racing Rules" is required by the covid-19 pandemic in Canada and Quebec. The resumption of motor sports is possible in agreement with government and health authorities and with the implementation of measures to reduce the risk of covid-19 contamination. Participants and their teammates in Coupe de Montréal events are required to follow the rules written included this document.

The present document is part of the regulations applicable to the 2020 Coupe de Montréal Karting Championship and may be modified at any time without notice according to the requirements of government and health authorities. Any contravention by a driver and/or one of his teammates may lead to penalties ranging from a simple warning to exclusion from the Championship. These penalties are not subject to protest or appeal.

There is a French version of this document. In case of any difference between the two versions, the French version will prevail.

General information

Event organizers are required to follow the rules issued by the authorities and keep the necessary records in the event of an outbreak of covid-19 at an event.

Until further notice, the races are held without spectators. **Only participants and a maximum of two team members are allowed to enter the site**. In the case of a minor participant, a parent/legal guardian may be added to the two team members

On arrival at the racetrack, the participant and his teammates must each have in their possession a protective mask (ideally reusable) and disinfectant gel/liquid.

Before attending the racetrack

Before registering for a Coupe de Montréal event, the participant must read the rules in effect for the event and ensure that there have been no last-minute changes.

All entries must be made electronically **before** arriving at the racetrack. No computers will be made available to participants for registration.

Before attending the racetrack, the driver and his teammates must:

1. have printed, completed and signed the commitment form to follow the Covid-19 Racing Rules (page 4);

2. have completed her medical self-evaluation and found no symptoms of covid-19 (page 5)

On site

Mandatory mask

Wearing a mask is strongly recommended at all times. In the following circumstances the mask must be worn:

a) at accreditation;
b) at the tire marking/distribution area;
c) at the drivers' briefing;
d) when interacting with officials;
e) to enter the false grid (teammates);
f) at the scale and technical inspection area;
g) the officials, if they cannot be at least two metres away from another person;
h) people attending the prize-giving ceremony. The winners will be more than two meters away to allow for mask less pictures;
i) inside any building (permanent or temporary).

Mandatory helmet for drivers

Drivers must wear their helmets with their visors closed at all times from the moment they enter the false grid until they leave the scale or technical inspection area. In the event of a driver stop in the track parameter during a session, the pilot will be allowed to open his visor only if nobody around him is within two meters. The driver will have to close his visor upon arrival of an official and/or the towing until he has left the scale area.

Moving in the paddocks

Apart from taking part in their track session, drivers and crew members must limit as much as possible their movements in the paddocks and avoid entering other competitors' paddocks. No grouping of must take place in the paddocks!

Official posting board

To avoid groupings, there will be no physical posting board. It will be replaced by a virtual posting board available at: https://www.facebook.com/tableauofficielcmtl.

The official posting time will be the time where the document or the results have been published.

FORMULAIRE D'ENGAGEMENT COVID-19

COVID-19 COMMITMENT FORM

Déclaration d'engagement des participants et équipiers

Vous devez remplir, imprimer, signer et remettre ce formulaire à l'accréditation.

« Je comprends et je m'engage à respecter les mesures mises en place par les gestionnaires du site et par les organisateurs de l'événement afin de limiter la propagation de la COVID-19 et de protéger ma santé et celle de toutes les personnes présentes. »

Declaration of commitment of participants and team members

You must fill, print, sign and give this form at the accreditation.

"I understand and agree to comply with the measures put in place by site managers and the event organizers to limit the spread of COVID-19 and to protect my health and that of all those present."

Écrire lisiblement vos prénom, nom et numéro de téléphone / Print clearly

Pilote / Driver **Kart # _____**

Prénom/ First name	Nom / Name	Téléphone / Phone

Signature: _____ Date: _____

Parent ou gardien si pilote mineur / Parent or guardian if minor driver

Prénom/ First name	Nom / Name	Téléphone / Phone

Signature: _____ Date: _____

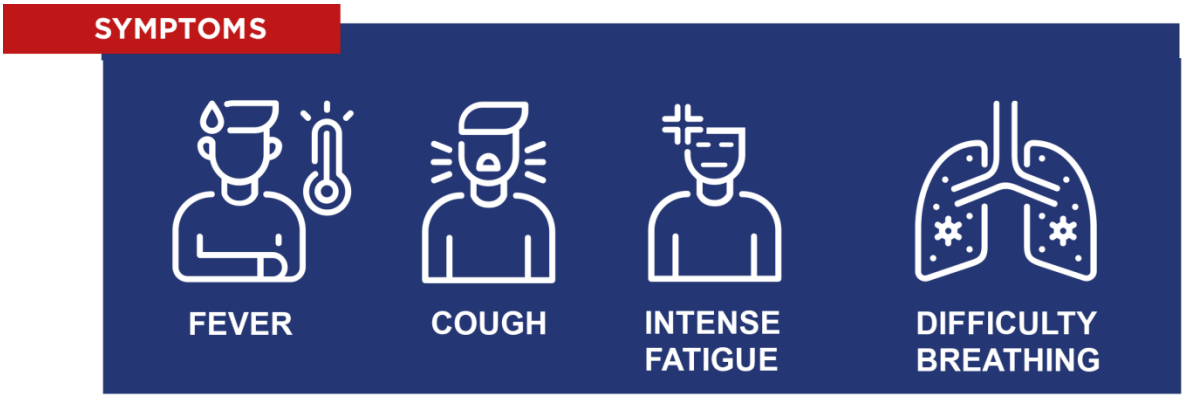
Équipiers / team mates

Prénom/ First name	Nom / Name	Téléphone / Phone

Signature: _____ Date: _____

Prénom/ First name	Nom / Name	Téléphone / Phone

Signature: _____ Date: _____



OUTIL D'AUTO-ÉVALUATION DE CAS APPARENTÉS À LA COVID-19

(selon information de Santé Canada)

Le présent outil d'auto-évaluation vous aidera à déterminer si la personne consultée peut avoir accès ou non au site et par le fait même à l'événement.

Dans l'éventualité où un participant répond par l'affirmative à l'une de ces questions, vous devez lui refuser l'accès au site / à l'événement ou s'il est déjà sur place lui demander de se retirer immédiatement pour aller en isolement.

Avez-vous l'un des symptômes suivants : toux, fièvre, difficultés respiratoires et perte soudaine de l'odorat ?

◯ Non ◯ Oui

Avez-vous voyagé à l'étranger (y compris aux États-Unis) au cours des 14 derniers jours?

◯ Non ◯ Oui

Au cours des 14 derniers jours, avez-vous fourni des soins ou eu un contact étroit avec un cas symptomatique confirmé ou suspecté de la COVID-19?

◯ Non ◯ Oui

SELF-ASSESSMENT TOOL COVID-19 RELATED CASES

(according to information from Health Canada)

This self-assessment tool will help you determine if the person consulted may have access or not to the site and by extension in the event.

In the event that a participant replies in the affirmative to one of these questions, you must refuse him access to the site / event or if he is already on site ask him to withdraw immediately to go in isolation.

Do you have any of the following symptoms: cough, fever, difficulty breathing, and sudden loss of smell?

◯ Non ◯ Oui

Have you traveled abroad (including the United States) in the past 14 days?

◯ Non ◯ Oui

In the past 14 days, have you provided care or had close contact with a confirmed or suspected symptomatic case of COVID-19?

◯ Non ◯ Oui

PROTECTION AND HEALTH INSTRUCTION

RESPECT THE DISTANCE

WEAR THE EQUIPMENT

WHATCH FOR SYMPTOMS

HOW TO USE THE NON-MEDICAL MASK

Wash your hand with hydroalcoholic gel or water and soap

Put the mask on your face, making sure to cover your mouth and nose and place the cords so that they stay in place and stick well to the face. See «how to use a mask» videos

In French: https://youtu.be/yt7JJYGfjHA
In English: https://youtu.be/gvLA--hGU70

Pinch the upper part so that the mask sticks well to your nose.

Once the mask is in place, avoid touching it or your face.

To remove the mask, wash your hands, fold the mask on itself (in half) as far away from your face as possible.

Put the mask in the washing machine or in a garbage bag to isolate it

Wash your hand with hydroalcoholic gel or water and soap

WARNING: The mask does not replace:

- hand washing
- physical distancing (2 meters)
- home insulation if you are sick

Decision Fact Sheet

If you have COVID-19 symptoms

Follow the instructions on this poster to help you take the optimal decision for you and your close friends and family. Always use proper hygienic and preventive measures to avoid contamination.

- Wash your hands frequently
- Cough or sneeze into the crook of your elbow, onto your upper arm or into a paper facial tissue, not your hands
- Keep your environment clean

Adults & children

I have a fever (temperature ≥ 38 °C (100.4 °F) or ≥ 37.8 °C (100 °F) for seniors) or any of the following symptoms:

- Onset or worsening of cough
- Difficulty breathing
- Extreme fatigue
- Sudden loss of sense of smell without nasal congestion, with or without loss of taste
- Muscular pain
- Headache
- Major loss of appetite
- Sore throat
- Diarrhea

I am an elderly person with geriatric symptoms (loss of autonomy, falling, confusion onset, agitation or sluggishness, loss of appetite, extreme fatigue, etc.).

DECISION

I stay at home and call the 1-877-644-4545 coronavirus hotline

Follow instructions.

Adults & children

I have a fever higher than 38 °C/100.4 °F and one or more of the following:

- Persistent and/or increasing difficulty in breathing
- Blue lips
- Difficulty moving
- Fever (baby less than three months of age, see page 13)
- Somnolence, confusion, disorientation, difficulty staying awake
- No urine for 12 hours

DECISION

Go to the emergency room immediately.

If help is needed, call 911.

GENERAL INFORMATION

Service Québec

Coronavirus hotline

1-877-644-4545 (toll free)

Deaf or hard-of-hearing persons

1-800-361-9596 (toll free)

Important phone numbers:

Your parmacist:

Your doctor:

Your CLSC:

Keep informed.
The **Québec.ca/coronavirus** website has up-to-date news.

Santé et Services sociaux Québec