

OISRA is following all OHA mandates for Nordic Time Trial Events.

Please do your part as a racer to follow these guidelines.

(Jan. 3, 2021)

- **Arrive at the start area about 10 minutes** before your start time. **Be present at a time trial only if**
 - You are not being isolated for COVID-19
 - You are not being quarantined for COVID-19
 - You are not sick today
- **Bring a pack** for storing your personal belongings (extra clothes you don't wear while racing) in the race area.
 - Can use a plastic bag
 - Good idea to label this pack/bag with your bib number so it can be identified from a distance
- Stay **6 feet away** from others, especially when lining up to check-in, at the start line, and after finishing
- **Wear a mask**, except when racing on the race course
- After finishing your race, **put your mask on and leave the race area.**