

Covid protocol – 44Cup Calero Marinas, Puerto Calero

Requirements for entering Spain

All passengers arriving in Spain must fill in a **health control form before they start their journey**. If you are arriving by plane, you can do this through the website <https://www.spth.gob.es/> or on the Spain Travel Health app for [Android](#) or [iOs](#) devices. If arriving by ferry, you must fill it in at the following link <https://spthm.puertos.es/>.

Check, in order to fill in the Health Control Form, if your country of departure is on the [list of risk countries/areas](#).

If you [come from a third country](#), you must first check if you can travel to Spain in the button: [Entry requirements for entry in Spain from third countries](#).

NEW: If you come from a HIGH RISK country, at the health controls on arrival in Spain, you will be required your SpTH QR code together with a vaccination or recovery certificate and, in addition, a SARS-CoV-2 diagnostic test certificate with a negative result.

You will get a QR code which you must present both when boarding and when arriving in Spain. If you are arriving from a country/territory considered not to be a risk, you will get a FAST CONTROL QR code which will speed up the formalities when you arrive in Spain.

Certificate of a diagnostic test for SARSCoV2 with negative result. The following diagnostic tests shall be admissible:

- NAAT- nucleic acid amplification tests (e.g.: RT-PCR, RT-LAMP, TMA, HAD, NEAR, CRISPR, SDA), with sampling within the previous 72 hours to arrival in Spain.
- RAT-rapid antigen test, with sampling within the previous 48 hours to arrival in Spain. You can consult the list of rapid tests approved by the European Commission through this [link](#)

Children under the age of 12 years are exempt from submitting these certificates, but not from completing the Health Control Form and obtaining a QR code.

General covid measures in Lanzarote:

- **NEW: Masks must be worn by adults in all public spaces inside and outside when personal space cant be maintained apart from when eating and drinking.**
- Interpersonal distance (set at 1.5 metres).
- The use of products for individual hygiene (hydroalcoholic gels and soap) is encouraged.
- Appropriate cleaning and disinfection of all establishments and all materials for activities (especially toilets and similar common areas).

Specific covid measures in Lanzarote:

- **Outdoors and in enclosed public spaces.** You may not smoke or use tobacco inhalation devices when it is not possible to guarantee a 2-metre separation. Smoking is not permitted on public highways.
- **Public and/or group transport.** Masks must be worn by adults and children over the age of six, except if you are disabled or have a respiratory condition. Seats will be assigned on tour buses.
- **Tourist accommodation.** Capacity is restricted in common areas, at social activities and in group classes, as per the required social distancing. You will also come across served buffets, where food is plated individually, or self-service buffets, where there are separator screens in the food areas.
- **Active tourism.** Open-air active tourism activities entail little risk and are usually run for small groups. Nonetheless, individual sports materials cannot be shared and specific cleaning and disinfection protocols are in place.

Covid Test In Lanzarote:

If you require a covid test for your departure flight please register with Jessica.gray@44cup.com testing will take place Saturday 0800 in the race office.