



## FIG COIMBRA TRAMPOLINE WORLD CUP | COIMBRA GYM FEST 2021

### COVID-19 GUIDELINES AND PROCEDURES



#### - BEFORE THE EVENT -

##### GENERAL INFORMATION

- All participants are responsible for their own health and travel related risks, and shall also follow the recommendations of their own country on this matter.
- Daily monitoring of the health status of gymnasts and other delegation members must be performed by the delegation's medical team (or if not available, the head of delegation), for 14 days before and during the event. This must include taking daily temperatures and monitoring symptoms related to Covid-19.
- Prior to departure, it is the responsibility of each delegation to verify with the LOC current entry regulations for their specific home country.
- Information about restrictions and prescriptions to enter Portugal can be found on the following Government website:  
<https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal>
- Exemption of quarantine for Sports Events, as per current legislation, applies to the following situation:
  - Passengers traveling exclusively to participate in international professional competitions listed in an official government document updated every two weeks. In mid-June this document is expected to include the Trampoline World Cup | Coimbra Gym Fest 2021.
  - Delegations must remain within a 'social bubble' during their entire stay in the host country.
- Portuguese recommendations dictate face masks should be used **not only in closed spaces accessible to the public, but also in indoor spaces in general and in all outdoor spaces**. Any form of assembly is forbidden.

#### - DURING THE EVENT -

##### GENERAL INFORMATION

- The use of disposable FFP2 masks is mandatory at all times. FFP2 masks can be worn for a **maximum of 1 day** and must be disposed afterwards. It is the responsibility of the delegation to bring a sufficient number of FFP2 masks to the event.
- Social distancing requirements must be observed at all times.
- Delegations must only enter their own hotel during the event. No visits in any other hotels are allowed.
- Remaining at the event sites (competition & training venues, hotel, official transportation) is strongly recommended during the whole duration of the stay.
- Any accredited person who feels ill must inform the LOC by phone via the number provided on the accreditation card.
- If a person is sent into quarantine (either due to a positive COVID-19 diagnosis or due to having been close to a person diagnosed with COVID-19), all occurring costs (accommodation, meals, transfers, further tests, medical costs, etc.) are at the responsibility of the delegation.

##### LOCAL TRANSPORTATION

- The Organizing Committee will provide shuttle bus transportation between Porto airport, hotels and competition venue between arrival and departure for training and competition. Transport

will be arranged based on training and competition schedule. Only people involved in a specific training/competition groups will be allowed to access a specific time bus.

- All forms of public transport must be avoided.
- On buses all participants are requested to:
  - Properly wear a FFP2 mask
  - Maintain social distancing
- Buses will be regularly sanitized.

#### AT ACCREDITATION

- HoD are requested to provide negative COVID-19 PCR (Polymerase Chain Reaction) test results for all delegation members, obtained within 72 hours of crossing the Portuguese border. The documents must be from an official test laboratory, include the names of the delegation members and be in English.
- HoD are requested to provide a valid phone number and e-mail address. These contact details will be used during and after the competition to inform delegations about possible exposure to COVID-19.
- HoD are requested to hand in a pre-competition health and responsibility questionnaire (available in the Annex of the Workplan) for all delegation members.

#### AT THE VENUE

- The access to the Venue will be limited to the training/competing group. Besides gymnasts, the access will be allowed only to accredited persons.
- HoD will be asked to sit in designated areas, maintaining proper social distancing, during the entirety of their stay at the Venue.
- The competition will be a closed-door event.
- Judges will be allowed to access the Venue according to the schedule of the panel they are involved in.
- Maximum of 6 people allowed at the same time in dressing rooms but gymnasts and judges are suggested to access the Venue already wearing their training/competition attire.
- Upon entering the Venue all accredited persons are requested to:
  - Properly wear an FFP2 mask
  - Maintain social distancing
  - Measure their temperature using a thermometer provided at the entrance
  - Wear clean shoes, preferably dedicated to the venue
  - Disinfect hands

#### DURING TRAINING AND COMPETITION

- Gymnasts do not need to wear an FFP2 mask during warm up or while competing. Gymnasts should keep a physical distance from others of at least 1.5 meters whenever possible.
- Gymnasts are requested to wear a mask while marching in and during award ceremonies.
- Coaches/Medical Staff/HoD/Judges are required to properly wear an FFP2 at all times.
- Disinfection of the hands before any touching of apparatuses is mandatory.
- Coaches are required to disinfect their hands each time before using spotting mats.
- During competition, before and after their performance, gymnasts and coaches must stay on the defined waiting areas/seats, maintaining social distancing, and avoid walking around the Venue.

- All unused clothes (jackets/trousers/shoes...) must be stored in bags. No items can be left in the Venue.

#### AWARD CEREMONIES

- Gymnasts are requested to wear an FFP2/N95 mask; they are allowed to be unmasked for the photos only.
- Gymnasts must remain on their own podium step without making any contact with the other athletes.
- Dignitaries and hosts are required to wear a protective FFP2 mask.
- Gymnasts will collect their medal themselves from a tray presented by the hosts.
- No physical contact between dignitaries and gymnasts is allowed.

#### TO AVOID:

- Spitting on the hands before performances.
- Shaking hands with or hugging others.
- Sharing magnesium carbonate with others. **Gymnasts are requested to have their own magnesium, in a plastic bag or box, or liquid chalk.**
- Sharing bottles/glasses. **Gymnasts are requested not to leave their bottles anywhere in the venue and to dispose them in the plastic dedicated trash bins at the venue.**

#### **- BEFORE DEPARTURES -**

#### GENERAL INFORMATION

- Necessary PCR tests for the return trip may be arranged upon request of the delegations. **Delegations are requested to inform the LOC beforehand about any specific requests regarding timing or special needs/form relating to PCR test reports. Costs related to COVID-19 testing must be supported by each delegation.** PCR cost is **60€** (sixty euros) and has to be paid cash in euro upon accreditation or earlier by bank transfer.
- PCR tests will be arranged **at competition Venue on 26<sup>th</sup> of June.**

#### **- LOC ORGANIZATIONAL INFORMATION -**

#### GENERAL INFORMATION

- Disinfection of the whole Venue is done daily.
- A break to disinfect touchable surfaces (trampoline frame and mats, spotting mats, judges tables,...) is scheduled after each training/competition group.

#### COVID TRACKING

- In order to trace COVID-19 cases during and after the event, the LOC will collect contact details of the responsible person for each delegation at accreditation

#### **- WHAT TO DO IF YOU EXPERIENCE SYMPTOMS OF COVID-19 WHILE IN PORTUGAL -**

- Immediately inform the LOC.
- Self-isolate and remain in your room/designated area with the door closed but ensuring adequate natural ventilation.
- Avoid contact with other persons, including your delegation members.
- Wash your hands with soap and water and implement other hygienic measures, namely the use of a face mask.

- Follow good respiratory hygiene and properly dispose of tissues by putting them in appropriate disposal bins after use.
- Expect and be available for daily calls by the health staff in charge of monitoring your health condition during health surveillance.
- Avoid taking drugs without medical prescription.
- All persons having been in close contact with anyone showing symptoms of COVID-19 or having a positive COVID-19 test must return to the hotel and remain in their respective rooms while awaiting further instructions by the LOC.
- Following consultation with the local public health authority, the LOC will guide and assist delegations during necessary procedures, from prophylactic isolation until the resolution of any suspected COVID-19 case.

The LOC will update all delegations about any relevant modification to local COVID-19 regulations and norms which may affect their stay.

Additional Resources:

- **6 Ways to protect yourself from COVID-19**  
<https://www.youtube.com/watch?v=ICABKB11vi4>
- **What can people do to protect themselves and others from getting the new coronavirus?**  
<https://www.youtube.com/watch?v=bPITHEiFWLc>
- **Tips to Protect Players from COVID-19**  
<https://www.youtube.com/watch?v=LMBzjaVRChY>