

Mandatory Instructions with regards to prevention of Covid-19 spread

The HoD of each delegation is responsible for the daily monitoring of the condition of each member of the delegation and the possible appearance of flu-like symptoms – shivering, runny nose, sneezing, sore throat, diffuse muscle pain, mild cough, shortness of breath and fever. Symptomatic members should be immediately isolated in a separate room.

The following measures are mandatory when conducting competitions:

- Persons with symptoms (shivering, runny nose, sneezing, sore throat, diffuse muscle pain, mild cough, shortness of breath and fever) are not allowed in the venue.
- It is mandatory for employees, staff, coaches, judges, and officials to wear a protective mask or other means of covering the nose and mouth, while in the venue.
- Only performing athletes are allowed to be without a mask, and only while training and performing.
- Persons without a negative PCR result are not allowed in the venue and the competition in general.
- The participants should maintain a social distance of 1.5m (or as much as possible) at all times.
- The participants should disinfect their hands and shoe soles upon entering the venue.

The LOC bears responsibility for the following organizational matters within the venue:

- Placing these instructions on visible places in all premises.
- Measuring the temperature of everyone upon entering the venue. People with high temperatures (above 37,5° C) will not be allowed inside the venue.
- For those showing about 37,5 degrees, a second reading will be made with contact thermometers.
- Making sure that everyone disinfects their hands with medically approved disinfectant, upon entering the venue.
- Maximum of 6 people allowed at the same time in dressing rooms.
- Exchanging personal items is not allowed – bottles, towels, etc.
- Mandatory disinfection of all touchable surfaces in the whole venue – before the beginning of each day and between each group (at around 2 hours).
- Staff and employees must wear masks or protective covers.
- Staff and employees must watch out for symptoms by athletes, coaches, and officials, and be instructed on how to react if such symptoms occur.
- Avoiding large gatherings around and at the venue entrances.

Venue staff and employees are responsible for the enforcing the following measures:

- Keeping safe social distance between participants at all times.
- Sneezing or coughing is done into the elbow, not the palm of the hand. If a tissue is used, it should immediately be discarded.
- Frequent hand hygiene, preferably with soap and water.

- Regular disinfection of contact surfaces, apparatuses and equipments used.
- Toilets, dressing rooms, trash bins, common areas, apparatuses, premises, and all equipment should be disinfected regularly, and at least once every 2 hours.

Athletes, coaches, judges, and officials must respect the following measures:

- Respecting hygiene measures and conditions within the venue.
- Individuals with flu-like symptoms are not allowed in the venue.
- Following these instructions, the FIG Medical Guidelines, and all other instructions by medical personnel and the LOC.
- Disinfecting hands and shoe soles upon entering the venue.
- Providing their own protective masks.
- Gymnasts should enter the floor areas only in half-shoes, no sneakers, or other shoes.

In case of suspected COVID-19 cases, individuals will be isolated and sent for additional examination and diagnosis in a medical facility proposed by the health authorities. The LOC is not responsible for the costs resulting from these examinations.

In case of confirmed COVID-19 infection, laboratory testing of all contacts is required according to national guidelines. The LOC is not responsible for the costs resulting from these examinations. In such cases, the Portuguese health authorities are contacted and if they decide that the whole team should be quarantined, then the respective team immediately ceases its participation in the competition and follows the recommendations of the Portuguese health authorities.

Requirements for award ceremonies:

- 1st to 3rd place for Finals;
- Athletes must keep a distance of 1.5m between each other
- Athletes must not shake hands nor touch anyone involved in the award ceremony
- Athletes should collect medals and prizes themselves.
- People awarding prizes must wear a face mask.

In addition to this, please note that no separate transportation for each team will be arranged. In case your country desired transport for their team only, they should contact the LOC to check this possibility and the respective additional payment.

PLEASE REMEMBER TO BRING SEVERAL COPIES OF NEGATIVE PCR TESTS, PERFORMED NOT MORE THAN 72 HOURS BEFORE ENTERING THE COUNTRY, AND ENOUGH PROTECTIVE MASKS.

Annex: to complete before or on accreditation