BULLETIN
COVID-19
Valid for IOF major events
Version 1
10 February
Bulletin content

• Goals
• Informations Structure
• IOF Principles
• Actions at different stages
  • Before the event
  • Entering the ”Bubble”
  • During the event
• In case of illness or positive test result
• Monitoring and follow-up
Goals

• Zero Covid-19 virus spread at IOF orienteering events

• Well prepared event participants
  • Teams
  • Athletes
  • Organizer staff
  • Media
  • Everyone!

• Communicating best practices to be followed by organisers and participants

Minimized risks and a safe competition environment
Information structure

- IOF sets general rules and recommendations
- Common Communication with teams
- Event organizer is responsible for event specific rules and procedures

- National health regulations
- National rules for entry to the country
- IOF Covid-19 bulletins
- Constant changes
- Latest Covid-19 Event bulletin has updated information
Event “Bubble(s)"

- PCR testing required to enter the Bubble and to stay in the Bubble
- Strict rules to avoid contacts outside the Event Bubble
- Minimize contacts within the Event Bubble
- Be aware that the Bubble is virtual, not physical, i.e. everyone is not in the same accommodations

Outside the bubble:
- Local society
- Some volunteers

Isolation

If testing positive or becoming sick

Organisers e.g. Event Office
Organisers e.g. Start
Organisers e.g. Finish
IOF Officials
Team X
Team Y
Team Z
Venue staff (e.g. Accom)
Key principles

• **Pillar 1: Responsibility**
  • Full compliance expected
  • Frequent participants health reporting
  • Non-obeyance may lead to individual and/or team sanctions

• **Pillar 2: Distance**
  • Isolation of persons with symptoms or positive test.
  • Avoid contacts
  • Restricted areas
  • Regulated flow of people
  • Separating groups
  • Digitalized processes

• **Pillar 3: Hygiene**
  • Masks
  • Hand-washing
  • Disinfection
  • No handshaking
  • Respiratory hygiene
  • Meal service

Focus on personal responsibility! Obeyance is a prerequisite for coming events
Protection timeline

- Before the Event
- Entering the Bubble
- During the Event
Before the event

- **Maximize chance of being virus free when entering the bubble**
  - Stay “isolated” 10 days prior to travel
    - Limit social contact
    - No club or open trainings or competitions
  - Special attention to high level of hygiene from 10 days prior to travel
  - Observe any signs of symptoms/illness

- **If having had Covid-19**
  - Bring documentation of previous PCR test

- **Transport to event country**
  - Consider using non-public transportation if possible (e.g. own car)
  - Take special care of precautions during travel (social distancing, wearing of masks, frequency of washing hands and sanitizing)
  - Limit the number of individual contacts, e.g. Team Leaders take collective responsibility where possible.

- **Team level: Consider hotel bookings to adhere to rules and risk of isolation**

- **Consider Individual and Team Insurance needs**
  - All isolation, quarantine, medical and testing costs are the responsibility of the individual/team
If pre-event PCR test is positive

- If pre-event positive result is due to previous Covid-19 infection (so-called ”weak positive”)
  - Proof of previous infection must be provided in advance
    - Doctor’s certificate AND
    - Copies of previous PCR tests proving the infection
    - Note: Antigen tests are not valid proof
    - Note: Doctor’s Certificate based upon observation only is not valid proof
  - Decision about participation will be made by the Local Health Authorities and the Organiser
    - The decision is final
    - Additional testing may be required or may be waived

- Any other positive test result will mean that participation is not allowed, i.e. you will not be able to enter the country of the event.
Entering the bubble

• Rules for entering the country are to be followed

• All participants to be tested
  • Only PCR testing counts
  • Strict time limit for validity of test
  • Antigen test is not sufficient
  • Vaccination does not count
  • Health declaration to be signed

• All testing at own expense

• Event has a defined dedicated Covid-19 contact person

• Positive tests are handled by local health authorities
Entering the bubble

• **What if test at the event is positive**
  • Participation at the event will not be allowed
  • Immediate isolation of the affected person
    • Local Health Authority will determine regarding quarantine and further testing
      • Period of quarantine (normally 14 days)
      • May be an effect on roommate(s) and other team members (e.g. Isolation)
      • It most likely will not be possible to travel home until quarantine period is over
  • Remember that all isolation, quarantine, medical and testing costs are the responsibility of the individual/team
During event 1 (6)

• **Pillar 1: Responsibility**
  • Daily health report if required
  • Act on any sign of Covid-19 related symptom
  • Strict accreditation rules for entering arena
During event 2 (6)

- **Pillar 2: Distancing**
  - Eliminate contact with persons outside the bubble (as far as possible)
  - Severely limit contacts for teams inside the bubble (other teams, organisers, etc.)
  - Only competition-related activities allowed. All out-of-competition activities are forbidden.
  - Even within own team, proper distancing may lessen the effect of potential quarantine on the whole team
During event 3 (6)

- **Pillar 3: Hygiene**
  - Mask usage
  - Respiratory hygiene
    - Cough in handkerchief and dispose
  - Hand-washing
  - Disinfection
  - No canteen at arena
  - No common showers
During event

3 (3)

• **A few words about facial masks**
  • Surgical mask or better standard generally required
    • Dispose of frequently – limit re-use
    • Cloth masks are not recommended
  • Mask shall be used – as frequently as possible
    • Outside own room, except when exercising or eating
    • At meals, except when actually eating
      • Wear if collecting food (e.g. if buffet style)
      • Wear when sitting at table but not eating
  • During transport
  • In arena, except when active (warm-up, competition, cool-down)
During the event

**Event Office (EO)**
- Contact with the Event Office shall primarily be via telephone, limit physical visits
- Any required visits should be scheduled to prevent congestion
- Team Officials Meetings will be held virtually

**Accommodations and Meals**
- Accommodations should be organised physically to minimize contact between different teams
- Meals should be organised to minimize contact between teams, think about restaurant or cafeteria capacity
- Follow all venue and organiser instructions

**External contacts**
- It is not allowed for athletes to visit grocery shops, pharmacy and other external shops and establishments (Restaurants, cafés etc)
- Team leaders may visit grocery and pharmacies on behalf of the team. Note: the number of team leaders with external contact should be limited and they should have limited contact with athletes.

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**Principle:** Eliminate contact with persons outside the bubble (as far as possible)

**Principle:** Severely limit contacts for teams inside the bubble (other teams, organisers, etc.)

**Principle:** Only competition-related activities allowed. Avoid all out-of-competition activities.
During the event 5 (6)

- **Transport to trainings and competitions**
  - Own transportation is recommended
    - Think about capacity
  - Observe correct precautions (social distancing, wear mask, proper hygiene)
  - Schedule transportation to minimize time in the competition center/arena
    - Avoid long waits for starting times
    - Leave the competition center as soon as possible after the finish
    - Avoid waiting for each other to start/finish (e.g. Women for Men or vice versa)

- **At the competition arena**
  - Limit contact between groups (athletes, organisers, officials, the public) as much as possible

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During the event 6 (6)

- **During the competition**
  - Start
    - Beware of good social-distancing and avoid crowding
    - Use available hand sanitizer
  - Water/drink stations are organised to minimize potential virus transmission
  - Finish area
    - Leave the area as soon as possible after finishing
    - Mask on after finishing
- **At the competition arena**
  - Precautions are taken for any required transport of athlete equipment from start to finish
  - Media zones will be socially distanced
- **Ceremonies (if held)**
  - All ceremonies will be held outdoors
  - Awards ceremonies will be organised with limited personal contact.

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Principle: Severely limit contacts for teams inside the bubble (other teams, organisers, etc.)

Principle: Only competition-related activities allowed. Avoid all out-of-competition activities.
If you become sick or experience Covid-19 symptoms

- Positive PCR test
- Sickness or any sign of Covid-19 related symptoms

Potential actions:
- Isolation/Quarantine
- Further testing
- Consequences for other group members
- Tracing evaluation
- No further action, free to participate

• All notifications to organiser and within the team should be virtual, i.e. No physical contacts

Contact event Covid-19 coordinator
Self-Isolation (also for any room-mate)
Local health authorities
A few final items

- All organisers and persons who potentially may be in contact with athletes and team members are within the bubble
  - Have undergone PCR testing
  - Will follow the same precautions as athletes/teams
  - Includes media and external officials

- The organisers will monitor adherence to the Covid-19 Bulletin regulations
  - Not following the regulations may lead to loss of accreditation and right to participate
  - Flagrant abuse may lead to referral to the IOF Ethics Panel for potential individual or team sanctions