



INTERNATIONAL ORIENTEERING FEDERATION

# **BULLETIN COVID-19**

**Valid for IOF major events**

**Version 1  
10 February**

# Bulletin content



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- **Monitoring and follow-up**

# Goals

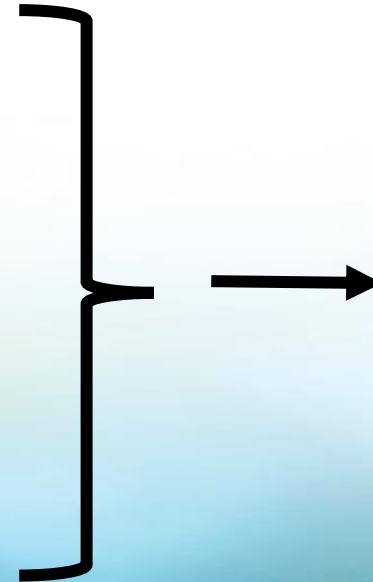


- **Zero Covid-19 virus spread at IOF orienteering events**

- **Well prepared event participants**

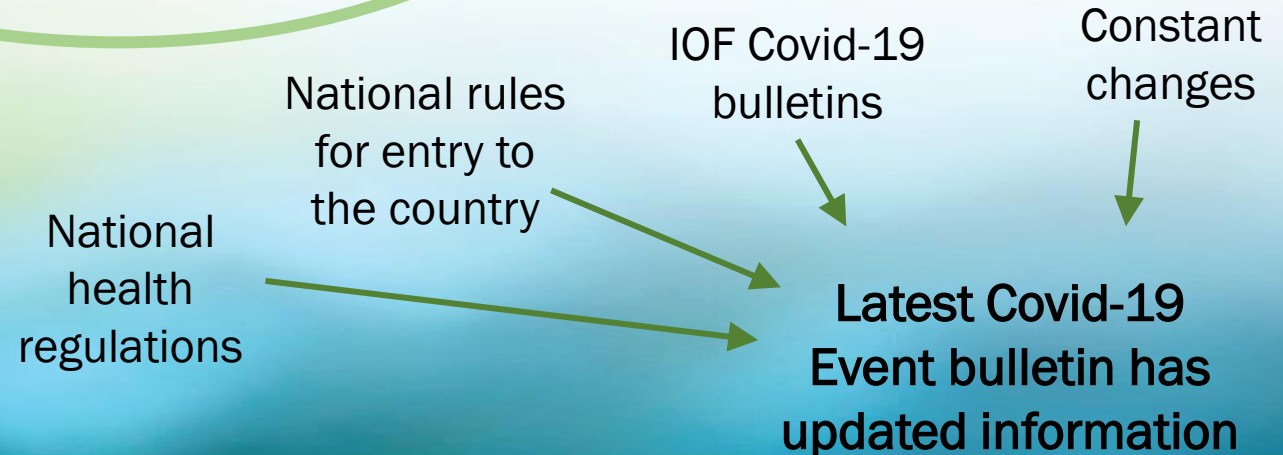
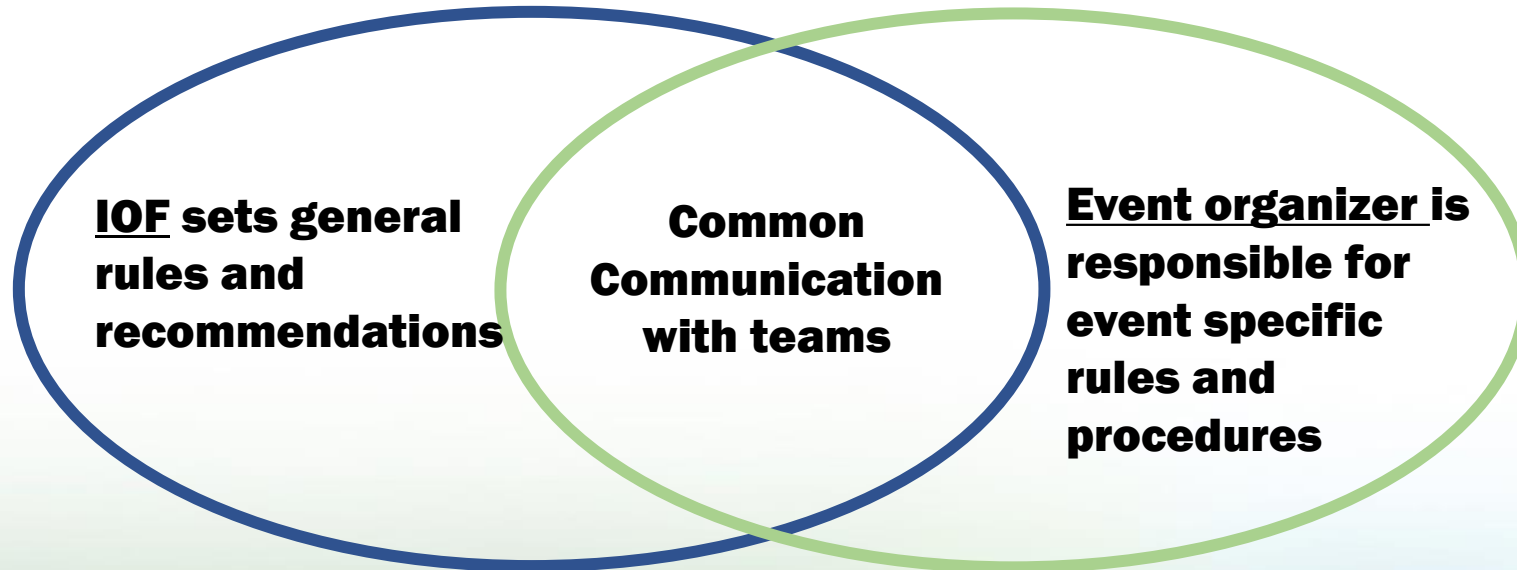
- Teams
- Athletes
- Organizer staff
- Media
- Everyone!

- **Communicating best practices to be followed by organisers and participants**



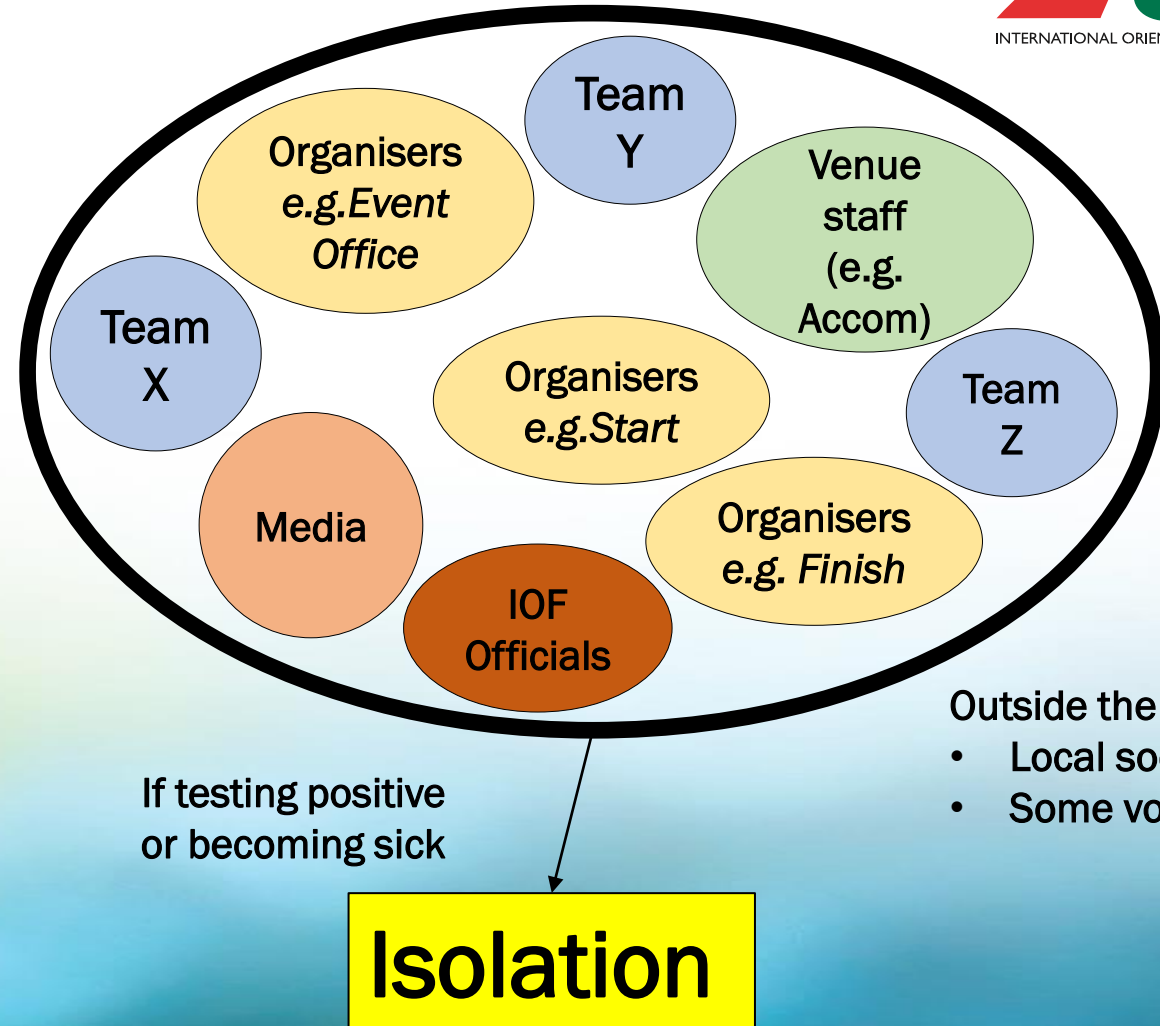
**Minimized risks  
and a safe  
competition  
environment**

# Information structure



# 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

# Key principles

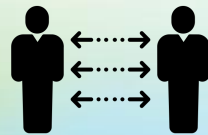
## • Pillar 1: Responsibility

- 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



Created by Icongeek26  
from Noun Project

## • 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



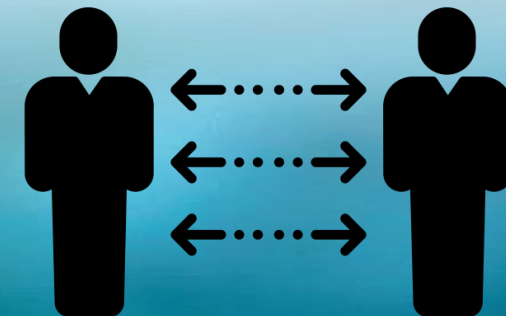
# During event

## 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

## 4 (6)



- **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.

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

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 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)**

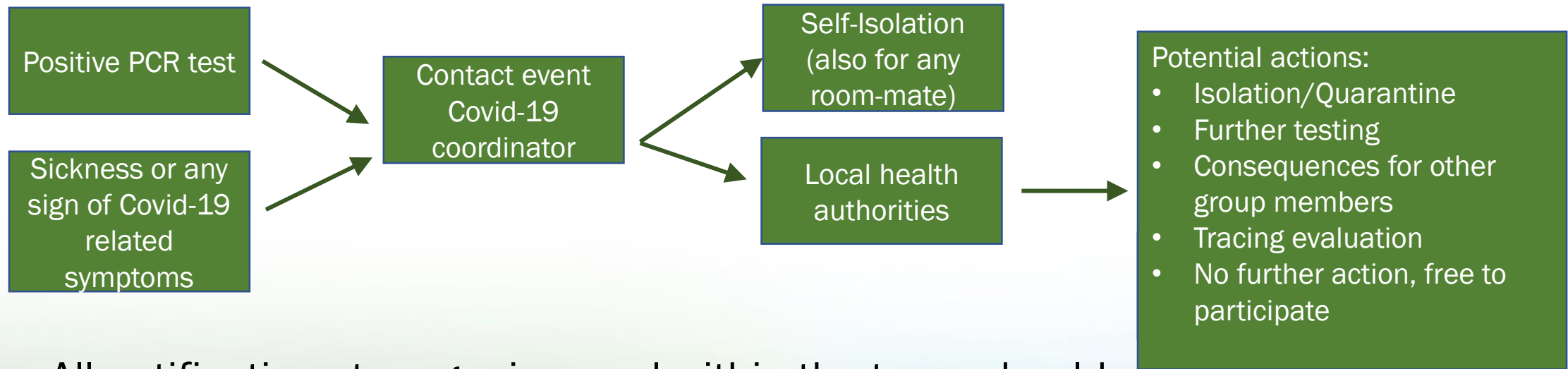
- All ceremonies will be held outdoors
- Awards ceremonies will be organised with limited personal contact.

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.

# If you become sick or experience Covid-19 symptoms



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

# 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