

**Information for
participants on preventive
measures and the
organization of testing for
Covid-19 during**

**FIS Ski Jumping Women
World Cup –
Russian tour
«Blue Bird»**

**Nizhny Tagil
Chaikovsky**

19.03 - 29.03.2021

GENERAL INFORMATION

At the moment, almost all regions of Russia are «green» which means they are in the last stages of lifting Covid-19 restrictions. The situation changes one way or the other in each region of Russia depending on the number of cases confirmed per day.

The Sverdlovsk region and Perm region is in the 3rd stage of lifting restrictions, namely:

- Doing sports in open spaces is allowed without restrictions, with restrictions it is allowed indoors and in gyms;
- Face masks are required in parking lots, elevators, taxis and public transport;
- Shops and retail outlets are open, including street vendors;
- Cafes and restaurants are open (1.5-2 meters between tables or with a partition installed between them), hotels, as well as parks and squares are available for visitors, provided that visitors observe the social distance;
- Sports events are allowed with compliance with all methodological recommendations with a 75% occupancy rate for events held on the street and 50% for events held indoors.

LOC COVID-19 COORDINATOR

in Nizhny Tagil:

Kseniya Zubareva

Ph.: +7 (982) 49-222-92

E-mail: health.sj.nizhnytagil@mail.ru

in Chaikovsky:

Elena Popova

Ph.: +7 (912)888-22-225

E-mail: health@skijumping.ru

THERE IS NO QUARANTINE UPON ARRIVAL IN RUSSIA BEFORE ENTERING IN RUSSIA

A negative PCR-test for Covid-19 must be done not earlier than 72 hours before border crossing. The test result must be printed in English. (a positive antibody test is not a reason for refusing to provide a negative PCR-test)

Local health authorities recommend to:

1. Use a face mask and gloves in all public places;
2. Wash your hands and use hand sanitizer, which will be provided in places of accommodation, restaurants, wax cabins, race office and other public places.
3. Keep the social distance of 1,5 m whenever possible

During the FIS Ski Jumping World Cup it is planned to use **the principle of "bubbles"** ("FIS Snowflakes"), i.e. several zones will be formed in order to maximally separate athletes / members of teams / FIS representatives from other groups. These zones will be marked on the accreditation card.

To comply with the "bubbles" ("FIS Snowflakes"), all participants are prohibited from moving independently and visiting public places in the city (except for the venues of the event), otherwise their accreditation may be withdrawn.

The participants, the officials and other visiting personnel will be provided with FFP-2 masks without a valve in an amount of at least 2 pieces per day.



FLIGHT AND BORDER CROSSING

Before boarding the charter, it will be necessary to fill out the locations that the person has visited over the past two weeks and upload the result of the PCR test (made no earlier than 72 hours before entering Russia) into the FIS COVID-19 Passport system, as well as take with you in a printed format for presentation at passport control. In case of deterioration of health during the flight, it is necessary to inform the member of the crew about this, and upon arrival inform the representatives of the sanitary control service of the Koltsovo airport (Ekaterinburg), which will meet the participants on board an aircraft

During the flight or upon arrival in Russia on board the aircraft, you will have to fill out a questionnaire. Before leaving the aircraft passengers will undergo a visual health examination and a thermal imaging control. In addition, passengers must provide the filled questionnaire and a certificate of a negative PCR-test for Covid-19 in Russian or English (if the certificate is presented in another language, a translation certified by the Russian consulate is required).

Passport control will be organized according to the “green corridor” principle with separate check-in counters and a walk-through through the airport without entering any public areas.

IN ORDER FOR ACCREDITATION TO BE RECEIVED, EACH PARTICIPANTS MUST FILL OUR IN FIS PASSPORT FOLLOWING INFORMATION:

- Upload negative PCR TEST (not earlier than 72h before entering to Russia), please have PCR Test printed with you for presentation at passport control;
- Whereabouts;
- Pre-Event Questionnaire

If it is necessary to provide a test results for a further flight (after the event in Nizhny Tagil or Chaikovsky), testing can be organized 2-3 days prior to the departure (the cost of the PCR-test is 70 euros)



TRANSPORT

Transportation of all groups of participants will be carried out as follows:

Transfer «airport – hotel», «hotel - ski jumping hill», «hotel - railway station», «railway station – «Shezhinka» complex», ««Shezhinka» complex» - airport» **will be provided with a social distance of at least 1.5 meters, seating will be checkerboard-arranged with the designation of vehicles to individual teams (small teams can be combined, but with social distance 1.5 m).**

The same seating arrangements will be in place during transfers to training and competitions **in Nizhny Tagil.**



in Nizhny Tagil: The parking for shuttle buses will be located on the territory of the ski jumping complex – as close to changing rooms and wax-cabins as possible. A separate path will be available for athletes and FIS officials. This path will not be available for other client groups.

The choice of the transport carrier will be carried out in accordance with the requirements to counter the spread of Covid-19:

drivers have a negative test result for COVID-19 by PCR method received not earlier than 3 days before the first transportation of the participants

Daily thermometry and wellness surveys for drivers

When transporting passengers, the driver maintains a social distance of at least 1.5 meters and uses PPE (mask FFP-2 without valve, gloves), uses hand sanitizers

Complete disinfection of vehicles is carried out daily

Disinfecting of interior surfaces of the vehicle is required during the day in the intervals between the runs

CHARTER TO CHAIKOVSKY

The transportation from **Nizhny Tagil** to **Chaikovsky** will be organized by a charter train. Before boarding the train, participants will measure the temperature (in the hotel). Boarding the train will take place without visiting the railway station. Train personnel will have a negative COVID-19 test result and use a FFP-2 mask without a valve. The train will be disinfected regularly.

In each car, a special area will be allocated to isolate the passenger if necessary. During the charter, temperature measurements will be organized for passengers.

The equipment will be transported by separate cargo vehicles.

COVID-19 TESTING

Before leaving **for Chaikovsky**, on the territory of the hotel **(in Nizhny Tagil)** on March 20th, a testing will be organized using the PCR method, if the participants have a negative test result, they will ensure the admission on a charter trip and competition **in Chaikovsky** or a departure.

Test results will be provided to the participants by email within 36 hours after passing the test. Before passing the tests, all participants sign a document stating that the results can be disclosed to the organizers of the event. **The cost of the PCR test is 70 euros**, the test results will be provided in English, the results are ready in up to 36 hours.

Also necessary to provide test results for a further flight to central Europe. Repeated testing will be organized in Chaikovsky on March 28th.

The cost of the PCR test is 70 euros in case you do not book a return charter flight to Munich. For charter flight passengers, the test is included in the price



Preparation for the PCR test:

Preparation is necessary in order not to influence the test results

The main condition is not to disturb the natural microflora of the mouth and nose

2 hours before taking the smear it is FORBIDDEN:

1. Drink any liquid
2. Eat food
3. Brush your teeth
4. Rinse your mouth
5. Chew gum
6. Use medicine for irrigation of the nose or mouth area
7. Use tablets or other chewing pills (lozenge).



HOTEL

The captain of a team representative can check-in for the entire team while other athletes are waiting in front of the hotel or in the cars.

After arriving at the hotel, **participants' temperature will be measured**, the following days the temperature of the participants will be measured **twice a day**.

In the hotel, as in other public places, it is recommended to use PPE (masks, gloves). **Participants will be provided with class FFP-2 masks without an valve in the amount of 2 pieces for each official for every day of the competition.**

In addition, an additional supply of usual masks will be placed throughout the hotel.



All hotel staff will be tested for Covid-19 and will work in accordance with the requirements of the National Health Organization. Recirculators for air disinfection and hand sanitizers will be located on the hotel premises, **contact personnel will use FFP-2 masks without a valve.** Seating in food areas will be organized with social distance of 1.5 m, partitions will be installed.

In Nizhny Tagil: The hotel will observe the principles of separation of flows with the allocation of separate zones and flights of stairs for participants of the World Cup, where access of other residents will be limited. Up to 4-5 floors will be allocated for the FIS Ski Jumping Women World Cup members (depending on the number of participants). **Access to elevators in the hotel will be closed.**

The access of other guests to these floors will be limited. Rooms will be disinfected daily, as well as additionally decontaminated. Representatives of teams from different countries will not be able to accommodate in the same room. Cleaning will take place when there is no one in the room.

The athletes will be catered at a special area located separately from the other guests of the hotel. Seating in food areas will be organized with social distance of 1.5 m, partitions will be installed. During the participants' meals access to this dining room for other hotel guests will be prohibited.

In Chaikovsky: accommodation will be arranged in a hotel «Snezhinka» (on the territory competition venue) where access is denied for other people. The entire to SJ venue will be in «a bubble» and contact with other people (except organizers, volunteers and staff) will not be allowed.

Meals for participants will be organized in the canteen. The rest of the competition staff, including volunteers and judges, will eat separately from athletes and team's members.

ON SKI JUMPING HILLS COMPLEX

Recirculators for air disinfection and hand sanitizers will be installed in all public places at the facility, as well as markings for keeping the social distance of at least 1.5 meters.

LOC provides clean wax / changing rooms that will be disinfected regularly. **All public areas (Including exit in the out-run area) will contain a supply of usual masks.**

Only packed food and water is allowed at food points on the ski jumping complex.

A FFP-2 mask without a valve must be used permanently in public areas. It is especially important to comply with this requirement in a situation where it is impossible to observe a distance of 1.5 m (waiting room at the start, equipment control room).

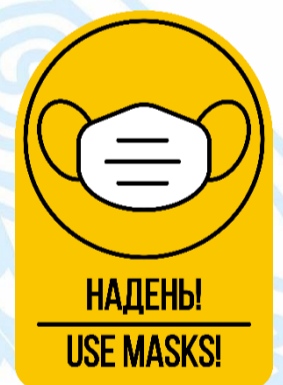
Personnel in contact with participants will also use a FFP-2 mask without a valve.

An isolated ward with a restricted access will be located at the ski jumping complex – any person will be immediately isolated in case of any signs of Covid-19 or other infection

In Nizhny Tagil: Thermometry will be performed at the entrance to hotel «Aist».

The parking for shuttle buses will be located on the territory of the ski jumping complex – as close as possible to changing rooms and wax-cabins. A separate path will be available for teams and FIS officials. This path will not be available for other visiting groups.

The athletes' area will be fenced off (no contact with spectators).



WAITING ROOM IN THE SKI JUMPING TOWER

Drinks and snacks in disposable containers only, using FFP-2 masks without a valve or usual mask. This area will contain a supply of usual masks.

Regular sanitization with antiseptic agents, as well as air disinfection.

EQUIPMENT CONTROL AT THE START

The area will be cleaned regularly. The equipment controller and the LOC assistants will wear FFP-2 masks without a valve and sanitize hands on a regular basis. It will be possible to take a regular mask.

COACHING PLATFORM

Coaches must wear a FFP-2 mask without a valve and keep their distance of 1,5 meters

MIX ZONE

TV / Radio / Press must keep the social distance and wear a FFP-2 mask without a valve, they must be tested negatively for Covid-19 no later than 72 hours before the event or work on the site

PRESS CONFERENCE

The press conference will be organized via video communication, without contact with media representatives.

A place for the press conference (a room for top-3 athletes) will be in the immediate vicinity to the hill (and wax-cabines **in Nizhny Tagil**)

TCM

TCM will be held in the conference hall of the «Aist» Hotel **in Nizhny Tagil** and «Snezhinka» hotel **in Chaikovsky** with one member from each team, keeping the social distance in the hall and using a FFP-2 mask without a valve. Info for teams will be also provided in pdf-format via e-mail.

STAFF AND VOLUNTEERS

The number of LOC staff / volunteers will be adjusted according to needs. **They will follow good hygiene practices, including the use of FFP-2 masks without a valve and regular hand sanitizing. Also, they will test negatively for Covid-19 no later than 72 hours before the event or work on-site.**

Everyday staff and volunteers will undergo medical control and thermometry.

SPECTATORS' AREA

in Nizhny Tagil: Access of spectators will be open, their number will be no more than 50% of the capacity of the venue (about 1000 spectators per day).

Spectators will not be allowed to the front rows of the stands in order to increase the safe distance to the athletes' zone

Spectators will follow this rules:

Social distance for spectators. The spectators' area is located more than 4 m from the athletes' area. Each participant and staff who in the "bubble" will not be allowed to move in the area of the movement of spectators. The road of movement of spectators does not intersect with the road of movement of participants. On the territory of competition's venue, spectators are using masks.

The security service will monitor the location of each spectator (any contact with participants will not be possible) and control over the use of masks

in Chaikovsky: Spectators will not be allowed to the event

ACTIONS UPON COVID-19 CASES DETECTION

Room for a separate stay will be prepared at the hotel and at the ski jumping complex. If someone has any symptoms of illness or a positive test result for Covid-19 is obtained, that person will be immediately isolated from other event participants depending on the location.

Information about a positive test result will be received by the FIS Event Task Force which consists of one senior management representative from FIS, the LOC, the NSA, and the LOC Health Coordinator representing the national health authorities.

The NSA can arrange a medical charter flight for it participants with a positive PCR-result for COVID-19 and the nearest contact persons, while the LOC should assist in coordinating the boarding of the charter and the departure of the participants with the authorities of the receiving party, as well as the transportation of the participants from the place of stay to the charter. To provide transportation to the airport, it is necessary to use a car that allows to maintain a social distance between passengers, while the driver must be at a safe distance and use a medical protective suit.

To organize walking from the hotel to the car, a separate staircase and exit will be designated, which allows not to mix with other guests of the hotel.

Before the participants leave their room, where they have been isolated, LOC must provide masks and gloves, as well as organize a contactless checking out process. Check-in for the charter should be made contactless, without visiting the airport.

If the actions of the participant, who received a positive test result for COVID-19, or the one who had a close contact with them, do not meet the requirements of the National Health Organization of Russia (condition of mandatory observation for 14 days), the responsibility for possible consequences is assigned directly to these participants

in Nizhny Tagil: For a participant who has received a positive test result, a medical examination will be organized by a specialized doctor, according to the results of which the chief doctor of the competition will decide to conduct a second test.

After that, the chief doctor of the competition will send the participant to the medical center in a specialized medical vehicle. This participant will quarantine for **until receiving a negative PCR-test** (about 10-14 days). At the end of the quarantine, the LOC will help the participant to choose a ticket to return to the place of residence or to the next event. Persons who had close contact should be isolated for 14 days.

The persons who have a document of completion of the vaccination process and have a level of protective antibodies, they are not subject to mandatory isolation for 14 days in case when they had contact with the person with positive COVID-19 PCR result.

in Chaikovsky: if only one team member receives a positive result, participant given the opportunity to hand over additional test (at that limiting his contacts with other people), which in the case of obtaining a negative result and in the absence of symptoms of illness may be grounds for annulment of the first test.

FINANCING OF SPORTING DELEGATIONS

1. PCR testing services before departure to Chaikovsky and before departure from Russia for representatives of sports delegations (70 euros per person). For passengers of the charter flight Perm-Munich testing is included in the ticket price.
2. Accommodation during isolation/observation (if a positive COVID-19 test is detected) for participants and contact persons.

**TAKE CARE
AND KEEP MAKING
SKI JUMPING GREAT!**

