

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

the FIS Continental Cup

Chaikovsky

March 25 – 29, 2021

GENERAL INFORMATION

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

The Perm_region is in the 3rd stage of lifting restrictions, namely:

- Outdoor sports practicing is permitted without restrictions, while indoor sport is permitted with certain limitations;
- Wearing face masks is 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 gardens are available for visitors, provided that visitors observe the social distance;
- Sports events are permitted. Outdoor events should have a spectator seat occupancy rate of no more than 50%, and indoor events should be held without spectators.

LOC COVID-19
Coordinator

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**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

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, the race office and other public places.
3. Keep the social distance of 1,5 m whenever possible.

During the FIS Ski Jumping World Cup in **Chaikovsky** all participants will stay in a single ‘bubble’ (*Snezhinka Hotel and Sports Facilities*)

To preserve the “bubble”, participants and judges (staying at the official hotel) may NOT visit public places in the city on their own. If this rule is breached, their accreditation may be withdrawn. The participants, officials and other visiting personnel will be provided with FFP-2-type respiratory devices without an exhalation valve (at least 2 pieces per day).

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FLIGHT AND BORDER CROSSING

The Russian Federation does not require all travelers to quarantine upon arrival in Russia. However, **arriving sports delegations (athletes, coaches, doctors and all persons involved) are obliged to provide a certificate of a negative PCR-test for Covid-19 (a positive antibody test is NOT a reason for refusing to provide a negative PCR-test). The test must be done no more than 72 hours prior to boarding. Before boarding the aircraft, you must enter your travelling destinations of the previous 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. You also must have a printed copy of the test result to be shown at passport control.**

During the flight or upon arrival, you must fill out a special form. Before leaving the aircraft, passengers will have their body temperature measured via a thermal scope. They must hand in a filled form and a copy of their Covid-19 PCR result certificate in Russian or English. If the certificate is in a different language, a translation certified by the Russian consulate is required.

For the participants of the FIS Continental Cup arriving in Chaikovsky *Snezhinka* Hotel.

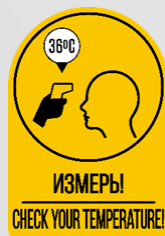
To check in at the hotel, you must provide a copy of a negative Covid-19 PCR test. The test must be done no more than 72 hours before check-in.

TRANSPORT

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

During transfer from the airport to the hotel and back, **guests will be seated with a social distance of at least 1.5 meters. The seats will be arranged checkerwise. Each team will have their own vehicle assigned to it.**

If necessary, additional individual transport can be arranged at an extra charge.



Drivers will be selected in accordance with the Covid-19 containment measures:

drivers will have a negative Covid-19 PCR test result received no more than 3 days before the first transportation of the participants;

Drivers will undergo daily body temperature measurement and health status monitoring;

When transporting passengers, the driver will maintain a social distance of at least 1.5 meters and use PPE (a valveless FFP-2 mask, gloves), use a hand sanitizer and a plastic partition

Vehicles are fully cleaned on a daily basis using disinfecting substances;

Interior surfaces of the vehicle are cleaned using disinfecting substances between journeys.

HOTEL

The captain or a team representative can check in the entire team, while other team members wait in front of the hotel or in the bus.

After arriving at the hotel, **participants will have their temperature measured.** In the following days of the competition, their temperature will be measured **twice a day.**

All hotel staff will be tested for Covid-19 and will work in accordance with the requirements of the National Health Organization and FIS recommendations.

On March 28, before leaving Chaikovsky for the airport, participants will undergo PCR testing at the Snezhinka hotel. If the result is negative, they are permitted to take the charter flight to Munich or another outbound flight.

The participants will receive their test results by e-mail within 24 hours after the test. Before the tests, all participants should sign a document stating that the results can be disclosed to the organizers of the event.

The cost of the PCR test is up to 70 euros (the cost may be included in the price of the charter flight). The test results will be provided in English. The results will be ready within 36 hours.

The hotel will separate the groups of guests, with special areas and staircases allocated for the World Cup participants. Other hotel guests will have limited or no access to those areas.

Members of national teams will have accommodation in adjacent rooms on the same floor. Access to these floors for other hotel guests will be limited.

Rooms will be disinfected daily. The cleaning procedures will be performed in the room guests's absence.

Air recirculators and hand sanitizers will be located on the hotel premises. Hotel staff contacting with guests will use no-valve FFP-2 masks.

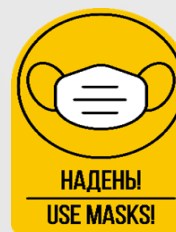
Preparation for the PCR test:

Preparation is necessary in order to obtain correct test results.

Most importantly, the natural microflora of the mouth and nose must not be disturbed.

2 hours before taking the test it is FORBIDDEN to:

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 (lozenges).



Catering

Meals for athletes will be served in the hotel restaurant at a designated time (separately from other guests). Other competition staff, including volunteers and judges, will have meals in a separate room. **Seats in the restaurant will be arranged with a social distance of 1.5 m.** Waiters will approach the tables after the guests have left the restaurant.

At the hotel, as in other public places, it is recommended to use PPE (masks, gloves). Participants will be provided with no-valve FFP-2 face masks (2 pieces for each official day of the competition). In addition, an additional supply of regular face masks will be placed on the territory of the hotel.

Athletes waiting for their start in the waiting room are allowed to use regular masks.

It is not recommended to use the elevator. **However, if it is necessary to use it, no more than 2 people can take it at the same time.** Both should be wearing FFP-2 masks.



SKI JUMPING HILLS

At the entrance, partisans will have their temperature taken. Air recirculators 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. **Each room will have a supply of masks (normal and no-valve FFP-2).**

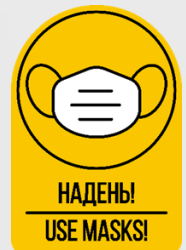
A separate path will be designated for teams and FIS officials. Other guests will not have access to this path.

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

Only packaged food and water is allowed at food outlets at the ski jumping complex.

A FFP-2 mask without a valve must be used permanently in rooms and public areas. It is especially important to comply with this requirement if it is impossible to maintain a distance of 2 m (the waiting room at the start, equipment control room). **Personnel in contact with athletes will also use a FFP-2 mask without a valve.**

A special room with restricted access will be located at the ski jumping complex. If a participant should display any symptoms of Covid-19 or another infection, he or she will be immediately isolated in this room.





WAITING ROOM IN THE SKI JUMPING TOWER

Athletes will be offered drinks and snacks in disposable containers only.

The waiting rooms will be regularly cleaned with antiseptic substances. An air recirculator will be installed in the room.

There will be a stock of regular face masks in the waiting room.

EQUIPMENT CONTROL AT THE START

The area will be cleaned regularly. The equipment controller and the LOC assistants will wear no-valve FFP-2 masks and sanitize their hands on a regular basis. Each of them will have a negative Covid-19 PCR test.

COACH PLATFORM

Coaches must wear a no-valve FFP-2 mask and keep a distance of 1,5 meters from each other.

MIXED ZONE

TV / Radio / Press reporters must maintain a social distance and wear a valveless FFP-2 mask. They must have a negative Covid-19 PCR test taken no more than 72 hours before the event or their on-site work.

PRESS CONFERENCE

The press conference will be organized via video communication, without immediate contact with media representatives. The winners will talk to the press near the ski jump hill.

TCM

TCM will be held in the conference hall of the *Snezhinka* Hotel. One member from each team may attend it. Attendees will maintain a social distance in the hall and wear a valveless FFP-2 mask.

TCM information for the teams will be provided in pdf-format via e-mail.

STAFF AND VOLUNTEERS

The number of LOC staff / volunteers will be adjusted according to the necessity. **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 more than 72 hours before the event or work on-site.**

Every day staff and volunteers will undergo medical control and thermometry.

SPECTATORS' AREA

The competition will be held WITHOUT SPECTATORS.

ACTIONS UPON COVID-19 CASES DETECTION

The ski jumping facility and the hotel will have isolation rooms. If someone has any symptoms of illness or a positive test result for Covid-19, that person will be immediately isolated from other event participants depending on the location.

Information about a positive test result will be forwarded to 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.

If one of the participants should test positive for Covid-19, he or she will be isolated from others and will be offered to take an additional test. If the second test is negative and the participant has no symptoms, the first test result may be deemed invalid.

After obtaining a positive test result, the chief medic of the event will send the participant to hospital via a special medical vehicle for further observation. The participant will be quarantined for 14 days or until they test negative.

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.

A charter flight may be organized and paid for by the sending party (NSA/FIS) for the 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 prevents mixing 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.

FINANCING OF SPORTING DELEGATIONS

1. PCR testing services before departure for team members (up to 70 euros per person).
2. Accommodation **outside the official days of the competition** during isolation/observation (if a positive COVID-19 test is detected) for participants.

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

