

## Contact information

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## Event schedule

### Event schedule (LOC times)

03.12.2020	Event	Location	Races
10:00	Official Training CC	Birkebeineren Skistadium	4 Dec - WC Women's GUN

12:00	Team Captains' Meeting	Digital TCM, link will be provided by mail.	4 Dec - WC Women's GUN 5 Dec - WC Women's GUN 5 Dec - WC Men's GUN 6 Dec - WC Men's GUL
18:00	Official Training JP	Lysgårdsbakken HS 98	4 Dec - WC Women's GUN
19:30	Start PCR/Qualification	Lysgårdsbakken HS 98	4 Dec - WC Women's GUN
<b>04.12.2020</b>	<b>Event</b>	<b>Location</b>	<b>Races</b>
10:00	Start Trial Round	Lysgårdsbakken HS 98	4 Dec - WC Women's GUN
11:00	Start for JP	Lysgårdsbakken HS 98	4 Dec - WC Women's GUN
12:00	Official Training JP	Lysgårdsbakken HS 98	5 Dec - WC Men's GUN
13:30	Start PCR/Qualification	Lysgårdsbakken HS 98	5 Dec - WC Men's GUN
14:30	Start for CC	Birkebeineren Skistadium	4 Dec - WC Women's GUN
15:15	Official Training CC	Birkebeineren Ski Stadium	5 Dec - WC Men's GUN
<b>05.12.2020</b>	<b>Event</b>	<b>Location</b>	<b>Races</b>
08:30	Start Trial Round	Lysgårdsbakken HS 98	5 Dec - WC Men's GUN
09:30	Start for JP	Lysgårdsbakken HS 98	5 Dec - WC Men's GUN
11:00	Start Trial Round	Lysgårdsbakken HS 98	5 Dec - WC Women's GUN
12:00	Start for JP	Lysgårdsbakken HS 98	5 Dec - WC Women's GUN
14:00	Start for CC	Birkebeineren Skistadium	5 Dec - WC Women's GUN
14:30	Start for CC	Birkebeineren Skistadium	5 Dec - WC Men's GUN
<b>06.12.2020</b>	<b>Event</b>	<b>Location</b>	<b>Races</b>
08:30	Official Training JP	Lysgårdsbakken HS 140	6 Dec - WC Men's GUL
09:30	Start for JP	Lysgårdsbakken HS 140	6 Dec - WC Men's GUL
12:15	Start for CC	Birkebeineren Skistadium	6 Dec - WC Men's GUL

## Logistical information

### UPDATED INFORMATION date 22.10.2020

*The OC needs to apologize because the first information had some confusing information. Here are the newest updates regarding testing and arrivals to Norway.*

1. The National Health Authorities and the OC only requires 1 test during the WC-week in Lillehammer. Only those who stays longer than 6-7 days will need to have a second test (SJ Women).
2. The test system, PcR-test, provided by the OC in Lillehammer guarantee results within 24 hours. During these hours, all persons needs to stay in quarantine. Quarantine in this setting means: staying inside your room and you are only allowed to go out in short periods to breath fresh air (go for a walk, take a run or go skiing) or to eat meals in small groups according to OC regulations. Keep in mind that you must keep a minimum of 1m distance to all other persons and if necessary, use facemasks.
3. After the test results are documented to be negative by the OC, we will provide the accreditation and you are free to visit our venues and competitions (inside the "Snowflake-bubble").
4. During the rest of the week in Norway you are still officially, by National Health Authorities, in leisure time quarantine and shall not be in contact with the local Norwegian community, or to use FIS description: stay in the "Snowflake-bubble".
5. The OC and Norwegian Federation are still in discussions with the Norwegian Health Authorities to try to make the test-system quicker, less complicated, and less expensive. We are working towards getting the Antigentest approved for use at Lillehammer and will of course update all of you if we get new information regarding our test-system and quarantine.

## IMPORTANT INFORMATION date 18.10.2020

*Dear all guests, officials, teams, and staff. We want to welcome all of you to our Nordic Events in Lillehammer in December 2020. Please read all given information carefully regarding this year events due to the Covid-19 situation.*

(details follow further down)

- 1) Official date of opening our event is: 29th of November 2020.
- 2) The OC have no possibilities to invite teams to training camps or early arrivals previous of this date (29th of November) or after our events ends 7th of December.
- 3) If you still want to enter Norway previous of this date, you have to follow Norwegian Health authorities' regulations, 10 days of quarantine. For more information, visit this webpage: <https://www.helsenorge.no/en/coronavirus/international-travels/>.
- 4) All persons arriving from outside Norway (abroad) are mandated by National Health Authorities to undergo COVID-19 testing immediately after entering Norway.
  - a. All personnel arriving Norway via Gardermoen airport are recommended to perform OC organized testing at Lillehammer before checking into designated accommodation.
  - b. For those whom entering Norway with cars (through Sweden) it could be possible to take a test at the border, but you still have to follow instructions of directly entering the OC designated/approved accommodation. The OC will need to see official documentation of these test to approve the results.
- 5) All athletes and support personnel are strongly recommended to stay in the accommodations offered by the OC. If a person or team who arrives from outside Norway wants to stay outside of the OC-hotels, this must be applied for and approved by the OC within 4 weeks before official opening date. The reason is that the OC is obligated to have full control of the whereabouts of all persons entering Norway on the special permit that National Health Authorities have given the OC to host this event for participants coming from abroad.
- 6) All COVID-19-tests will be provided by the OC and the local health authorities, and the cost of these test must be paid by all nations (together with all other costs and reimbursement).
- 7) Tests performed previous of entering Norway will not be accepted.
- 8) National Health Authorities requires all personnel arriving from abroad to be quarantined from the time of arrival or COVID-19 testing at Lillehammer until the result of the test is known by the OC to be negative. The quarantine in must be completed in the designated hotel (today's tests, PCR, approx. waiting time is 24 hours).
- 9) A negative test result (from Norway) is required to obtain accreditation and to enter all our events and venues.
- 10) After a negative 1. test is documented, quarantine requirements still continues for all hours NOT spent working, training or competing until the end of the week (or if you prefer to take a 2.test and can show it to be negative after 5. day). The only visits allowed to the local community during this period is to obtain life necessities (food, drinks, pharmaceuticals etc).
- 11) Detailed hygiene and health protection plan: soon to come (early November).

*The OC wants to inform all athletes, team leaders and staff that we still have some issues to solve with regards to COVID-19 testing, accommodations, and logistics for our events in December. We are still waiting for our National and Local Health Authorities to give their final approval of the COVID-Testing and Prevention Protocol for the Lillehammer WC event. Without this approval that provides a partial exemption from the normal 10-day quarantine rule for international travellers we cannot stage the event. Therefore, at this time we retain the right to change, add or subtract the routines described here at any time, but we will inform about these changes as soon as possible.*

## Accommodation

Booking according to the FIS Rules via FIS Online registration system (preliminary deadline 23/10/20).

The OC offers following accommodation (full board included):

- o Cross-country and Ski Jumping women: Scandic Lillehammer Hotel
- o Nordic Combined: Birkebeineren Hotel & Apartments



Note! All athletes and support personnel are strongly recommended to stay in the accommodations offered by the OC. If a person or team who arrives from outside Norway wants to stay outside of the OC-hotels, this must be applied for and approved by the OC within 4 weeks before official opening date. The reason is that the OC is obligated to have full control of the whereabouts of all persons entering Norway on the special permit that National Health Authorities have given the OC to host this event for participants coming from abroad.

All athletes and staff will need to go through our pre-quarantine-hotel in order to wait for test-results of Covid-19. See more information below; "Covid-19 testing-system Norway".

Price for additional accommodation outside of the quota: 125 CHF per person in double room or apartment (minimum number of persons occurs)

Price for additional single rooms outside of the quota: 125 CHF first room/160 CHF second/third/forth room...

Accommodation costs: Teams will pay directly in the financial office

Over quota costs are to be paid by credit card only.

We retain the right for changes.

Cancellation rules and fees:

Until 13 days before the first competition: free of charge.

Between 13 days until 8 days before the first race: cancellation fee for reducing more than 10% of total booking.

Between 8 days and until the end of the events: 100% cancellation fee.

Cancellation fee: 125 CHF per person in double room, 160 CHF in single rooms.

## Training camps/early arrivals:

We are sorry to inform all our athletes and teams that due to the covid-19 situation, there will be no possibilities to invite teams to training-camps or early arrivals. Our events open officially on Sunday 29th of November. We sincerely apologize that we can't offer this service like previous years.

If you still plan to arrive earlier than this date, we suggest to visit this webpage for information:

<https://www.helsenorge.no/en/coronavirus/international-travels/>

## Team Catering

Due to Covid-19 restrictions and preventions, all athletes and teams will eat all meals in the hotels. More information about "sections due to Covid-19 preventions" and time-schedule for meals at each hotel will come later.

For those few who will need to stay in the venues for a longer time:

There will be available some pre-packed baguettes and drinks for coaches and SRS in the cross-country stadium, and for the athletes, coaches and SRS in the ski jumping hill (because of long competition days).

## Accreditation

Accreditation will only be possible to pick-up after the results of the first negative Covid-19 test is shown.

More information according to pick-up of accreditation and parking permits will come later.

## Transport



Official airport: Oslo Airport Gardermoen

The OC will arrange transportation between the airport and the hotels.

1 transport (from and to the airport) free of charge. Price for additional transport: 30 CHF per person one way (will be deducted from the reimbursement).

Note! Covid-19 restrictions: No one can use other transportation than OC-busses or private cars/rental cars to our events. Make sure to inform our transport office if you choose to rent cars instead of using OC-busses.

There will be a shuttle from Scandic Lillehammer Hotel and Birkebeineren Hotel & Appartements to the venues. Timetable will be available in our hotels.

Booking through FIS Online registration system (preliminary deadline 23/10/20):

[https://www.fis-ski.com/DB/?authentication\\_page=signin](https://www.fis-ski.com/DB/?authentication_page=signin).

## Reimbursement

Carrying costs/Reimbursement:

Expenses sheets will be received by email: [silje.solbakken@olympiaparken.no](mailto:silje.solbakken@olympiaparken.no) (or if impossible to mail, in the financial office during the race weekend). Payments will be done by bank transfer.

Accommodation costs: Teams will pay directly in the financial office. Our staff will communicate with all nations when to do the payments (time schedule).

Over quota costs are to be paid by credit card only.

We kindly ask all athletes, team-leaders, and staff to try to visit our info-desk in the hotels as few times as possible, because of Covid-19 preventions!

Travel money and Nation support: The bank transfer form for team reimbursement/prize money is available on FIS website and has to be filled out electronically in advance and sent to [Silje.solbakken@olympiaparken.no](mailto:silje.solbakken@olympiaparken.no) (or brought directly to the OC finance office at Scandic Lillehammer Hotel). Please note that the prize money, nation support and travel money is in the same form.

## Prize money

Due to data protection rules the data's from the athletes have to be given directly to: [silje.solbakken@olympiaparken.no](mailto:silje.solbakken@olympiaparken.no). (Or on-site in the financial office)

Prize money form is available on FIS website (and in Finances-desk at Scandic Lillehammer Hotel):

[https://assets.fis-ski.com/image/upload/v1570630619/fis-prod/assets/Bank\\_Transfer\\_Form\\_incl.\\_Contacts.pdf](https://assets.fis-ski.com/image/upload/v1570630619/fis-prod/assets/Bank_Transfer_Form_incl._Contacts.pdf)

Income tax information for prize money:

- Income tax of European citizens is 15%
- Income tax of non-European citizens is 15% (USA 0%)

Tax will be deducted by the OC according to the Norwegian Foreign Artist Taxation Act, and taxes will be paid by the OC according to the regular tax legislation in Norway.

## Waxing facilities

Wax cabins: available from 30/11/2020 at 12:00.

The keys to the cabins are available at the wax building office. Keys return to the wax building office (sub race office) on the day of departure.

Waxing trucks: New rule from this season on: teams arriving with trucks have to inform the OC before 23/10/2020.

SRS members coming with a waxing vehicle and requiring power supply will be charged CHF 100 per World Cup stage (independent of duration).

The companies must communicate to the OC their requests (parking size, power supply, etc.) for the vehicle.

More information according to pick-up of accreditation and parking permits will come later.

## Medical Service & Health protection plan

Normal service:

In case you have an emergency, you can call the following number: 112

Medical facilities at

- o the venue: + 47 905 38 929
- o hospitals nearby: +47 915 06 200

### “COVID-19 testing-system Norway:”

Chief of Covid-19 team: Per Olav Andersen, +47 918 86 082.

#### **SYMPTOMS before entering Norway:**

If you are ill, stay at home.

Anyone who shows symptoms of COVID-19, like upper respiratory tract symptoms (fever, a sore throat and coughing) or lack of smell and taste, should not enter Norway.

#### **TESTING after entering Norway:**

All persons arriving from outside Norway (abroad) are mandated by National Health Authorities to undergo COVID-19 testing immediately after entering Norway.

- a. All personnel arriving Norway via Gardermoen airport are recommended to perform OC organized testing at Lillehammer before checking into designated accommodation.
- b. For those whom entering Norway with cars (through Sweden) it could be possible to take a test at the border, but you still have to follow instructions of directly entering the OC designated/approved accommodation. The OC will need to see official documentation of these test to approve the results.

National Health Authorities requires all personnel arriving from abroad to be quarantined from the time of arrival or COVID-19 testing at Lillehammer until the result of the test is known by the OC to be negative. The quarantine in must be completed in the designated hotel (today's tests, PCR, approx. waiting time is 24 hours).

Negative test: If your test comes back negative, you will be moved to your final hotel (either Scandic Lillehammer Hotel or Birkebeineren Hotel) and can enter our venues and competitions. We remind you that you still are officially in “quarantine” due to Norwegian restrictions (5 days work travel quarantine duty). During these 5 days, you are still warmly welcome at the Ski Jumping hill, Cross-Country venue and



all Cross-Country tracks as well in the teams hotels, but you are unfortunately not allowed to enter any public place like bar, restaurants and shops.

Positive test: If the test confirms that you have COVID-19, you will be contacted and monitored by the health services. To avoid transferring the disease to others and stop the spread, you will need to stay in isolation.

**Testing charges:** all teams and athletes must pay for their own tests. Price: approx. 200 CHF.

### **Routines during your stay in Norway:**

- Wash hands frequently and thoroughly with soap and lukewarm water. Use an alcohol-based disinfectant if soap and water is not available. Especially when you have been in contact with other people.
- Keep a distance of at least 1 metre to others.
- Use face masks in crowded areas, such as in shuttle-transport and the hotel lobby. A face mask can serve as a measure for infection control in situations where the risk of infection is increased or high, but can never replace the standard measures (social distancing and hand hygiene).
- Avoid coughing or sneezing directly onto others.
- Cough / sneeze into a paper tissue that you then dispose of. You should then wash your hands.
- Cough / sneeze into the crook of your elbow if you do not have tissues available to avoid spreading droplets into the air.
- Find alternatives to shaking hands and hugging.

## **Testing protocol by LOC or host country**

Detailed hygiene and health protection plan: soon to come (early November).

## **Regulations of radio equipment/Radio Frequencies**

- The import, export and the operation of radio equipment in Norway is regulated by national law. Permits for the use of radio transmission equipment must be requested according to national specifications.
- For information and application form please see <https://eng.nkom.no/technical/forms/frequency/frequencies>. Fill in the form 'Application for temporary use of radio equipment in Norway' and return it to [firmapost@nkom.no](mailto:firmapost@nkom.no).

Deadline: as soon as possible.

## **Regulations of Visa**

Remember that citizens of some countries will need a visa for visiting Norway.

Please check with your embassy if you need a visa for Norway.

Due to the Covid-19 situation, most nations will have to need an official letter of invitation from the OC. Please send a request to: [fanny.birkeland@olympiaparken.no](mailto:fanny.birkeland@olympiaparken.no). Be sure to send names and what kind of information you need to get accepted to travel to Norway.

## **Special permissions for truck driving (Sunday and night, other days with special regulations)**

There is no need for a special permission for truck driving on Norwegian roads. No special rules and regulations, except for the normal Norwegian weather and snow conditions and the need of snow tires.

Special advice for the route and roads

(from the previous World Cup stage and to the next one): no special comments.



# FIS Nordic Combined World Cup

Lillehammer (NOR)  
04.12.2020 - 06.12.2020



## Maps