



REPUBLIC OF ESTONIA
MINISTRY OF CULTURE



FIS ROLLERSKI WORLD CUP

COVID-19 Prevention Guidelines (Hygiene Concept)

Otepää – Tartu – Otepää, August 20th – 22nd 2021, Estonia

Organizers: Estonian Ski Association and Emajõe Ski Club

Place: Rollerski tracks at Otepää Tehvandi Sports Center and highway in Tartu

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1. INTRODUCTION

Present advice is designed to assist various processes for the care and welfare of all participants at the FIS Rollerski World Cup events including the athletes, coaches, local organizing committee members and FIS staff, volunteers, spectators and all host people. COVID-19 is a virus that spreads from person to person through droplet infection, mainly through contact with a person at risk of infection who has symptoms characteristic of the infection. Because of that, the most important is to avoid COVID-19 infection spread during the competition and to minimize the risk of infection in competition place and the key word is prevention.

Estonian Local Organizing Committee (LOC) will follow all needed rules and conditions to organize safe events, which the authorities are introducing including specific FIS events based on information and publications from the World Health Organization (WHO), FIS COVID-19 Prevention Guidelines, and Estonian Government regulations.

Event Organizers will ensure adequate measures in place to protect the health of all participants and have access to immediate medical care. During the competition, participants are provided with first aid and medical staff with the ability to ensure free airways. FIS requirements and Local National regulations and guidelines are followed by LOC for preventing Covid-19 virus spread. The Minimum requirements will be set by the LOC in coordination with the Local Health Authority. Followed is the recommends set them above FIS minimum requirements.

The responsibility of all people taking part in the competition is to minimize the risk of the possibility of spread of active types of the Covid-19 virus. All participants have to respect and follow fully present guidelines, FIS and LOC requirements and behave in a disciplined manner all time of competition. All participants must follow systematic pre-arrival testing and onsite testing strategies, the consequent wearing of masks, keeping distance from others, avoiding closed rooms, and appropriate hygiene measures such as regular hand-washing. No difference will be between vaccinated, and non vaccinated individuals. A breach of Covid-19 protocol will lead to withdrawal of the accreditation!

COVID-19 prevention guidelines have been drawn up by Covid-19 Health Coordinator Urve Loit and sent to participants. Important changes will be notified by LOC and Covid-19 Health Coordinator.

2. COVID-19 HEALTH COORDINATOR AND ORGANIZING COMMITTEE

Covid-19 Health Coordinator

Name: Urve Loit

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Organizing Committee

Chief of LOC	Kristjan Külm (EST)	kristjan.kylm@gmail.com
FIS Technical Delegate	Vyacheslav Vedenin (RUS)	
National TD Assistant	Otto Riisenberg (EST)	
Chief of Competition	Robert Peets (EST)	robertpeets@gmail.com
Competition Secretary	Ave Nurk (EST)	ave@suusaliit.ee
LOC Covid-19 Coordinator	Urve Loit, RN (EST)	urve.loit@gmail.com
Chief of Medical Service	Dr Külvar Mand (EST)	

Note: Team captains have to provide to LOC their team Covid-19 contact person!



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3. PARTICIPATION REQUIREMENTS, FIS PASSPORT REGISTRATION PROCEDURE

Requirements and obligations for participants (athletes, team staff, judges, LOC):

- Have negative Covid-19 RT-PCR test (not older than 72 hours prior to arrival, respectively prior to accreditation) or have proof of positive PCR test between 6 months and two weeks prior to the event, and are symptom-free. This PCR test should be uploaded 12h before arrival. Regarding FIS requirement vaccination can not replace the PCR test.
- Have completed a health questionnaire (Annex 1) in Covid-19 FIS Passport or directly to LOC as advised by LOC and have submitted/updated "Covid-19 FIS Passport" accordingly (it is required to upload information in to the FIS Passport at latest 12 hours before arrival).
- Information about persons from third countries (e.g. Russia, Ukraine), incl athletes, coaches, organizers, must be submitted at least five (5) working day before the arrival to the Estonian Police and Border Guard Board (ppa@politsei.ee). The following must be provided: first name and surname of the person; date of birth; sex; document number; contacts (phone + e-mail); time of arrival (date and time) and place of entry (border post, airport, port). Important is the country from which the person comes, not the person's nationality.
- Have to understand and follow the On-site testing protocol advised by LOC and follow all Covid-19 prevention guidelines and regulations designed by FIS and the Estonian LOC;
- Have to cooperate with LOC Covid-19 Health Coordinator to mitigate the risk for others in case of a positive result.
- Masks are mandatory for all participants in areas of the competition and in all areas of inside locations, transport, accommodation, and similar unless for eating, sleeping, or competing. If athletes leave the exit gate/field of play, masks should be worn. This includes leader boards and mixed zone, changing areas, and other restricted areas. Athletes should wear a mask also at all times during official ceremonies. (Look more p 4.3. Wearing the masks/face covering).
- Have to keep at adequate and regular hygiene precautions –hand-washing, ventilation of any indoor spaces, sanitizing, regular cleaning of surfaces. (Look more p 4.4. Hand-washing).
- The athletes 'area and the spectators' area are separated, and athletes and staff are not allowed contact with spectators. Necessary is to avoid contact between different teams - separate "bubbles" are required. It is not allowed to gather in self-formed groups and do not stay in the competition territory after the training and competitions. (Look more p 4.5. Physical distance)
- Joint facilities (gym, meeting rooms etc.) are not used. Only personal training equipment can use.

For avoiding the indoor meetings and minimizing contacts, **Team Captains Meetings** will take place through the web regarding the planned schedule.

FIS passport and its registration

Every person requesting accreditation for a World Cup event, (eg. athletes, coaches, security persons, media, NSA representatives, and other participants), must have a Covid-19 FIS Passport. The Covid- 19 FIS Passport is a database and test management portal for registered individuals and provides information to LOC to help streamline the accreditation process for individuals participating or attending FIS events.



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FIS Passport has four functionalities: recording of test dates and results, recording of previous infections, include health questionnaire and contain vaccination status. An electronic application has been made available for self-registration for individuals requesting accreditation. Entries must also be made by the individual itself.

Note! FIS Passport does not replace testing.

For getting the Covid- 19 FIS Passport:

- Go to <https://fispasport.fis-ski.com/fis/> Enter FIS Passport
- Access Code: FIS2022 (the password is case-sensitive!)
- Answer the health questionnaire and upload all your Covid-19 test results.

4. PREVENTION & MITIGATION PLAN

4.1. Vaccination

Until there is still not enough knowledge of transmission of Covid-19 in vaccinated individuals and from vaccinated individuals, WHO, FIS and Estonian Health Board Experts are very clear that all precautions – systematic pre-arrival testing and on-site testing strategies, consequent wearing of masks, keeping distance to others, avoiding closed rooms and appropriate hygiene measures such as hand-washing - must be maintained by vaccinated as well as non-vaccinated individuals.

Maximum vaccination protection according to the manufacturer instructions is:

- Pfizer / BioNTech Comirnaty 7 days after the second dose
- AstraZeneca Vaxzevria, 15 days after the second dose
- Moderna Covid-19 vaccine, 14 days after the second dose
- Janssen Covid-19, 14 days after a single dose of vaccine

4.2. Testing: RT-PCR and on-site tests

Testing on arrival and during the Event (training and competition, look also at Annex 4)

Participants must perform a rapid (RT) test up to 24 hours before the start of the event or a PCR test up to 72 hours in advance and to enter the event. The participant must perform a negative test result in competition area. Vaccination and suffering from COVID-19 during the past year and subsequently received a single dose of vaccine, or who have suffered from COVID-19 after receiving the first dose of vaccine, will not replace for participants the PCR test.

In addition to pre-arrival testing, LOC has an on-site testing concept (Annex 4). This includes testing in case of symptoms and also first RT testing maximum 12 hours before 1st start at 19.08.2021 and second RT testing at latest 48 hours after first RT and before mass-start competition at 21.08.2021. All participants must perform RT tests according to the LOC instruction and schedule.

The host country can help provide pre-departure PCR tests after the competition on Saturday, August 21, 2021. Test requests must be notified to the LOC not later than Thursday, August 19, 2021.

The organizer will verify on the competition place the authenticity and validity of both the certificate and the RT or PCR test and establish the identity of the applicant. All participants must be inspected, as well as the people involved in the organization, including the technical team, caterers, and performers. Uncontrolled people are not allowed in the event.

To the competition implementation are involved local health institutions, including cooperation with the Health Board, ambulance, local hospitals, and cooperation with the local organization of Covid-19 testing. Insured is PCR testing in cooperation with official Covid-19 testers. PCR testing will be performed according to local healthcare providers and national guidelines by a health care worker.

If any Covid-19 characteristic symptom (fever, dry cough, muscle aches, sore throat, diarrhea, headache, changes in taste or smell, shortness of breath, pain or tightness in the chest) develop during the competition, the person must immediately contact through their team Covid-19 responsible to LOC Covid-19 Health Coordinator. Other staff and LOC will contact directly to LOC Covid-19 Health Coordinator. LOC Covid-19 Health Coordinator will organize testing and other activities regarding participant illness and reporting policy (see p.10 and Annex 5). COVID-19 Health and emergency Medical Response Plan is organized by leading of LOC Covid-19 Coordinator Urve Loit, RN (EST). Chief of Medical Service is Dr Külvar Mand (EST), who is responsible about first aid activities.

For more detailed Guidance on testing options, refer to the FIS Covid-19 World Cup Risk Management and Testing Protocol. <https://www.fis-ski.com/inside-fis/covid-19-hub>

4.3. Wearing the masks / face covering

- Masks must be worn by all participants outside in areas of the competition venue (suggested medical or equivalent mask) whenever a distance of 2 m cannot be guaranteed; and in all areas of inside locations (transport, accommodation etc.) unless eating, sleeping or competing. Indoor rooms are suggested to use FFP2 or FFP 3 masks.
- The mask needs to cover both the nose and mouth.
- Any other face shield is **not** an acceptable alternative to a mask.
- Participants should ensure they have sufficient masks for the duration of the event; they should be replaced as soon as they become damp and (if re-usable) should be washed daily.
- LOC is ready to own and provide additional masks and to be on-site and share them if there is an additional need for them.

See also: When and How to Use Masks <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

4.4. Hand-washing

In accordance with the regulations and instructions of Estonian Health authorities and WHO, it is necessary to ensure access in competition place to hand care, including alcohol-based hand gels. Hand sanitizers (alcohol-based hand gels) are placed in visible places throughout the event.

All participants should to follow hand-washing hygiene procedures and other general prevention guidelines. Hand-washing must be maintained by vaccinated as well as non-vaccinated individuals. Also in accommodation and other rooms, hand-washing and disinfection is mandatory.

The organizer of the competition ensures the availability of disinfectants at the entrances and exits, passageways and toilets. Adequate hand-washing facilities are guaranteed.

See also: Clean Hands protect against infection <https://www.who.int/teams/integrated-health-services/infection-prevention-control>

Instructions for washing:

https://www.terviseamet.ee/sites/default/files/Nakkushaigused/Juhendid/kuidas_pesta_kasi_0.pdf

4.5. Physical distance

It is important that groups do not mix amongst each other, and they will stay separately within their own "bubbles" (inside and also outside the competition areas). Each participant maintains a physical distance min 2 m from anyone other person than those in the own team or group („bubble“) and avoids unnecessary forms of contact, such as hugs and handshakes, and reduces contact with others during the competition and if applicable at least 14 days before the trip. Avoiding confined enclosed spaces and large crowds is recommended.

At the time of Mass-start, it is required to follow required physical contact requirements outside “bubbles” before and after run.

4.6. Other general prevention guidelines

For better health communication and Covid-19 prevention, per stakeholder group (team) have to be assigned team's Covid-19 contact person.

Hygiene precautions – required is adequate and regular ventilation of any indoor spaces and regular cleaning of surfaces. Necessary is to review the waste management and clean-up plan. Cleaning and disinfection of the premises is ensured in accordance with the recommendations of the Estonian Health Board, available at

https://www.terviseamet.ee/sites/default/files/Nakkushaigused/Juhendid/COVID-19/soovitud_tohusaks_puhastustamine_ja_desinfitseointi_taieritud_17.04.2020.pdf (est)

To prevent the spread of the droplet infection, cover your mouth and nose with your forearm or napkin while sneezing or coughing. The napkin and other personal protective equipment are then immediately disposed of in a designated trash can and your hands are washed.

Hygiene signs are installed in all competition places, incl changing rooms, in accredited areas, spectator areas etc. The signs remind everyone that participants must maintain a high level of personal hygiene, respiratory protection, hand-washing, and minimize physical contact (2 meters away).

Limited is the number of people in each zone (especially the start and finish areas) and minimized is the movement of people in different areas.

Organized is movement in areas that require greater distance between people in pre-start areas, take-off areas, etc. It is the responsibility of every person to adhere to the policy, follow all procedures and instructions, and behave in a disciplined manner at all times.

Overview of Risk assessment and mass gathering mitigation checklist for COVID-19 is added to Annex 2 and 3. Mass gathering overall Covid-19 risk score: addendum for Estonian FIS Rollerski World Cup event 20-22. August 2021 is „low“, including COVID-19 risk score 2 points and total mitigation score 96 points.

5. ARRIVAL/DEPARTURE & OTHER TRANSPORT SERVICES

The logistics plan is accepted with the following considerations:

- Teams/groups own transport is suggested.
- Transportation is planned separate for every team and group.
- All persons (including LOC driver) wear a mask during the entire time of the transport.
- Limit number of persons per transportation to allow required distance in the bus or car.
- For longer trip, plan stops after every hour for the vehicle ventilation for min. 10 minutes



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The person arriving in Estonia can complete traveler's questionnaire (<https://iseteenindus.terviseamet.ee/>). 72 hours before their arrival in Estonia. This will make the border crossing faster, and they do not have to wait in line in order to fill in a paper declaration. **Note!** Important is to check and follow the used airline's Covid-19 rules!

See also:

- Travelling to Estonia - foreigners <https://www.kriis.ee/en/travelling-estonia-foreigners>
- Traveller's questionnaire for the prevention of the spread of COVID-19 for arriving to Estonia <https://iseteenindus.terviseamet.ee/>
- Information on countries and restriction on freedom of movement requirements for passengers <https://vm.ee/en/information-countries-and-self-isolation-requirements-passengers>
- Travel during the coronavirus pandemic https://ec.europa.eu/info/live-work-travel-eu/coronavirus-response/travel-during-coronavirus-pandemic_en

6. ACCOMMODATION & MEAL SERVICES

Accommodation

Hotels are providing necessary measures to protect the health and welfare of all guests. Depending on the facilities, additional options may include for separating teams from each other, as well as from hotel personnel, and other hotel guests.

- Teams will be accommodated on the same floor, access to hotel facilities through stairs (avoiding elevators); trying to separate from other hotel guests. If possible, separate access to the hotel will be used.
- Accommodation in single or twin-bedded rooms.
- For hand hygiene, running warm water, soap and paper towels and disinfection gel are available. Hand sanitizers (alcohol-based hand gels) are placed in visible places.
- Provided are additional cleaning plans and disinfection prior to arrival and during the stay. Cleaning of rooms and contacts with hotel personnel will be avoided when team members are in the accommodation rooms.
- In Indoor rooms, minimum 2 m physical distance is required.
- Provisions of isolation rooms are planned.
- Ventilation of indoor rooms and facilities are crucial, open windows and doors are used to allow the flow of air through rooms and common indoor spaces. Air conditioning will be not be used!

Meals

- Separate dining rooms/areas/time are used from other hotel guests with sufficient space.
- Sufficient water/drinks are available on the tables
- Cleaning the table after dining when an entire table has left, not during the meal

7. SPECIFIC SERVICES AND ACTIVITIES FOR OTHER PARTICIPATING GROUPS

7.1. Volunteers

Have to be vaccinated against Covid-19 according to vaccination plan and reached maximum protection since the last dose of vaccine (look at below, p.4.1). To prove that immunization or a test has been taken, the participant must present an EU or equivalent digital COVID certificate.

Digital COVID certificate is available: https://ec.europa.eu/info/live-work-travel-eu/coronavirus-response/safe-covid-19-vaccines-europeans/eu-digital-covid-certificate_en.

or / and

Have negative Covid-19 RT/PCR Test not older than 72 hours (p.4.2) Are able to proof of PCR testing carried out up to 72 hours or proof of a rapid antigen test up to 24 hours with a negative result, before entering the competition area (Look also p 4.2 Testing: RT-PCR and on-site tests)

and are illness symptom-free.

Depending on the activities and activities of the volunteers, the obligation to test their RT-PCR in addition to vaccination has been defined. In the absence of contacts with other participants, additional testing is not required for vaccinated individuals. The organizer must verify on the spot the authenticity and validity of both the certificate and the rapid or PCR test and establish the identity of the applicant. Uncontrolled people are not allowed in the event.

- Masks wearing, hand-washing and following other general prevention guidelines are mandatory for all participants (look at p 4).
- Follow all Covid-19 prevention guidelines and regulations designed by the Estonian LOC is essentially;
- Volunteers should stay at the same post throughout the event. No special movements and contacts with other participants are allowed. Contacts with other participants are minimized.
- All working areas should be disinfected and cleaned throughout each competition day.

7.2. Spectators

The test is not obligated to people who have ended COVID-19 vaccination in the last 12 months, i.e. for vaccines currently in use, depending on the manufacturer, 7 to 15 days after the last injection. Unvaccinated spectators must perform an RT test up to 24 hours before the start of the event or a PCR test up to 72 hours in advance and to enter the event.

Before entering the spectator's area, all persons must provide a certificate of vaccination or negative RT-PCR test results to the organizer. The organizer will verify on the spot the authenticity and validity of both the certificate and the rapid or PCR test and establish the identity of the applicant. All spectators must be inspected. Uncontrolled people are not allowed in the event. Regarding Estonian Health Board guidelines, children under the age of 12 and people with special needs are exempted from taking the test.

Wearing masks and disinfecting hands, etc, in public areas where physical distance cannot be guaranteed is mandatory for all spectators without exception. Contacts with athletes, support staff and the LOC are not permitted. The spectator area is defined by LOC (Annexes 6 and 7).

7.3. Media

All media persons and journalists will be required to show proof of a vaccination against Covid-19 according to vaccination plan (has reached maximum protection since the last dose of vaccine) or negative Covid-19 test. Vaccinations have to been made not more than one year ago. A person with illness and/or any Covid-19 symptoms is not allowed to participate in competition. Covid-19 World Cup Risk Management and Testing Protocol can be found from Annex 3.

Note: If the Pre-Testing Protocol is not followed by journalists, it will result in either a media accreditation not being issued, or revoked.

Journalists

- Masks must be worn by journalists in all indoor and outdoor areas. Prevention and mitigation plan (incl. vaccination, tests, wearing the masks, hand-washing etc., look p.4).
- Journalists should limit their movements between the official accredited areas and their hotel/ accommodation only.
- Media will not have direct access to athletes, competition areas or team zones (except Mixed Zone). In the mixed zone, there will have double fencing of at least 1 meter between athletes and journalists.
- On the journalist side of the fence, social distancing should also be obeyed. Journalists are expected to respect social distancing guidelines amongst each other.
- Athletes should wear masks everywhere, including live interviews, ceremonies etc
- Journalists should attend the event using their own transport.

Interviews and photos

- All in-person interviews must be conducted in the special or mixed zone followed required distances.
- All microphones should have a plastic cover over the foam that is replaced after each interview. The microphone should stay only with the athlete, and the journalist should not speak into it as well.
- Photographers will not be able to enter the finish areas to take photos of the ceremonies. They must shoot from their assigned platforms (Annex 6 and 7).

Press Conferences, Written and Audio Statements

- Athletes will not attend press conferences in the media center. Press conferences will be took place through a live-streamed Media channel where Journalists will have the opportunity to forward questions to the athletes. The time of Press conferences will be communicated by LOC.

During the event

- During live TV interviews, journalists and athletes should keep their masks on. Forbidden is to remove a mask for an interview.
- If a journalist experiences any symptoms of Covid-19, these should be reported immediately to the LOC Covid-19 Health Coordinator for next activities regarding p.10 and Annex 5.

7.4. Ceremony guidelines

- All ceremonies will be staged inside the finish area, as this is a secure zone where only the athletes and Ceremony personnel can enter (Annex 6 and 7).
- All personnel and athletes involved in the ceremonies must wear a mask at all times regardless of the distance from other participants and maintain all social distance guidelines (Look also 4.3. Wearing the masks/face covering).
- Maximum three presenters are used. No one (including team staff, LOC representatives, journalists and photographers etc.) not involved to the ceremony, may enter the ceremony area.
- Presenters may not have physically contacted any athlete and are located on the opposite side of the finish area from the athlete entrance. Shaking hands, hugs, etc. physical contact with the Ceremony personnel and together with athletes is not allowed.
- Prizes will be sanitized directly before the ceremony and will be placed on podium steps before the ceremony starts. Presenters wear protective gloves if handing off a prize.
- Athletes' joint pictures on the top step of the podium are not allowed.
- The leader bib will be handed to athletes before the ceremony.

7.5. Other activities

No side events are planned, including meetings, social gatherings, a gym, etc.

8. CASE OF A PARTICIPANT'S ILLNESS AND REPORTING POLICY

Event Health Task Force consists of:

LOC Covid-19 manager	Urve Loit, RN (EST)
Chief of Medical Service	Dr Külvar Mand (EST)
Chief of LOC	Kristjan Külm (EST)
Chief of Competition	Robert Peets (EST)

WHO recommends that persons with any symptoms suggestive of COVID-19 should additionally to wearing a medical mask, self-isolate, and seek medical advice as soon as they start to feel unwell with potential symptoms of COVID-19, even if symptoms are mild. Symptoms can include fever, cough, fatigue, loss of appetite, loss of taste and smell, shortness of breath, and muscle pain. Other non-specific symptoms such as sore throat, nasal congestion, sneezing, headache, diarrhea, nausea, and vomiting, have also been reported.

Persons with illness symptoms are not allowed to participate in the activities. The person responsible for organizing the activity has the obligation to isolate the persons with symptoms and a person or persons who have come into contact with him or her from training and competitions.

NB! Having any symptoms of illness it is necessary to inform about it immediately to team C19 responsible person who will contact asap with LOC Covid-19 responsible.

NB! All requirements equally apply to all persons! (Including vaccinated)



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Covid-19 positive test

In accordance with the national authorities' procedures, this will require **immediate isolation** and self-quarantine and declaration of contact persons during the past 72 hours. All persons in current contact with the positive test carrier must undertake a PCR test and self-quarantine until their result is received.

- The positive PCR sample shall also be sequenced for the SARS CoV-2 variant.
- The positive test and consequences will be communicated in accordance with the FIS Covid-19 Communications Policy <https://www.fis-ski.com/inside-fis/covid-19-hub>

More exact activities in case of illness look from Annex 5.

9. LINKS

Detailed Guidance to the FIS Covid-19 World Cup Risk Management and Testing Protocol in its latest version can be found: <https://www.fis-ski.com/inside-fis/covid-19-hub>

EU Digital COVID Certificate https://ec.europa.eu/info/live-work-travel-eu/coronavirus-response/safe-covid-19-vaccines-europeans/eu-digital-covid-certificate_en

Traveller's questionnaire for the prevention of the spread of COVID-19 for arriving to Estonia <https://iseteenindus.terviseamet.ee/>

<https://kkk.kriis.ee/et/kkk/covid-toendid/el-digitaalsed-covid-toendid>

<https://www.kul.ee/covid-terviseetoend>

Please refer to the following WHO publications:

- Coronavirus disease (COVID-19) (who.int) <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Key planning recommendations for Mass gatherings in the context of the current COVID-19 outbreak <https://www.who.int/publications/i/item/10665-332235>
- Cleaning and disinfection of the premises is ensured in accordance with the recommendations of the Estonian Health Board https://www.terviseamet.ee/sites/default/files/Nakkushaigused/Juhendid/COVID-19/soovitused_tohusaks_puhastustamine_ja_desinfitseointi_taieritud_17.04.2020.pdf (est)
- Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19 <https://www.who.int/publications/i/item/considerations-for-sports-federations-sports-event-organizers-when-planning-mass-gatherings-in-the-context-of-covid-19-interim-guidance>
- Guidance for the use of the WHO Mass gatherings Sports: addendum risk assessment tools in the context of COVID-19 <https://www.who.int/publications/m/item/guidance-for-the-use-of-the-who-mass-gatherings-sports-addendum-risk-assessment-tools-in-the-context-of-covid-19>
- Questions & Answers: COVID-19 <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19>
- Clean Hands protect against infection <https://www.who.int/teams/integrated-health-services/infection-prevention-control>
- Instructions for washing hands: https://www.terviseamet.ee/sites/default/files/Nakkushaigused/Juhendid/kuidas_pesta_kasi_0.pdf

- When and How to Use Masks <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>
- More specific publications (accommodation, travel, etc.) can be found on the WHO Covid-19 Hub <https://www.who.int>
- Questions & Answers: Mass gatherings <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-mass-gatherings>

LOC kindly ask you to look for additional information at the followed references:

- Travelling to Estonia - foreigners <https://www.kriis.ee/en/travelling-estonia-foreigners>
- <https://vm.ee/en/information-countries-and-self-isolation-requirements-passengers>
- https://ec.europa.eu/info/live-work-travel-eu/coronavirus-response/travel-during-coronavirus-pandemic_en
- Ten Scientific Reasons in support of airborne transmission of SARS-CoV-2 [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(21\)00869-2/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(21)00869-2/fulltext)
- Information on countries and restriction on freedom of movement requirements for passengers <https://vm.ee/en/information-countries-and-self-isolation-requirements-passengers>
- "Measures and restrictions necessary to prevent the spread of COVID-19" is available here (est: <https://www.riigiteataja.ee/akt/304122020004?leiaKehtiv> (valid until 01.08.2021), Estonian Government Order No 282
- Estonian Government Order No. 266 and the explanatory "Amendments to Government of the Republic Order No. 282 of 19 August 2020" Measures and Restrictions Necessary for Preventing the Spread of COVID-19 Disease" <https://www.riigiteataja.ee/akt/322062021006>



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Annex 1. Health Questionnaire

	NO	YES
Have you had any symptoms (cough, runny nose, sore throat, difficult breathing, loss of taste or smell) during the last 14 days?		
Have you had any of the following symptoms during the last 14 days: - Fever - Chest pain - Headache - Nausea/vomiting - Diarrhea		
Have you been in contact with someone with a proven infection with Covid-19 during last 14 days?		
Have you been in quarantine during the last 14 days?		
Have you tested positive to the PCR (Polymerase chain reaction) test during the last 14 days?		

Signature: _____

Annex 2. Risk assessment

Mass gathering risk assessment for COVID-19: addendum for sporting events

The questions below will enable sport event organizers to review the additional considerations specific to sporting events involving mass gatherings, and thus inform their risk assessment of COVID-19 associated with the event. This will help organizers to understand and manage any additional risk from COVID-19.

The risk assessment should be reviewed and reassessed regularly during the planning phase and updated immediately prior to the transition to the operational phase, especially in light of the rapidly evolving nature of the outbreak. Reference should be made to the latest technical guidance and situation reports on the WHO website.

The risk assessment for COVID-19 associated with the sporting event must be coordinated and integrated with the host country's national risk assessment for COVID-19. The person completing the questionnaire should include input from the local public health authorities, consult WHO's latest technical guidance and ensure that there is an up-to-date evaluation of the epidemiological situation.

Risk assessment

Please answer **Yes (1)** or **No (0)** to the following questions to determine a risk assessment score that incorporates factors specific to mass gathering sporting events

Additional risk of COVID-19 to the mass gathering sporting event	Yes (1)/No (0)	Score
Will the event be held in a country that has documented active local transmission of COVID-19 (community spread)?	0	0
Will the event be held in multiple venues/cities/countries?	1	1
Will the event include international participants (athletes and spectators) from countries that have documented active local transmission of COVID-19 (community spread)?	1	1
Will the event include a significant number of participants (athletes or spectators) at higher risk of severe COVID-19 disease (e.g., people over 65 years of age or people with underlying health conditions)?	0	0
Will the event include sports that are considered at higher risk of spread for COVID-19 (eg, contact sports)?	0	0
Will the event be held indoors?	0	0
Total COVID-19 risk score		2

Otepää ja Tartu

Venemaaja Ukraina

Annex 3. Mass gathering mitigation checklist for COVID-19

Mass gathering mitigation checklist for COVID-19: addendum for sporting events

Mitigation measures assess the current effort and planning to reduce the risk of spread of COVID-19 disease for the event. As mitigation measures can reduce the overall risk of the mass gathering contributing to the spread of COVID-19, they should be taken into account after the risk assessment has occurred to gain a clearer understanding of the overall risk of transmission and further spread of COVID-19, should the mass gathering be held. Together with the risk assessment score, the mitigation measure will contribute to the decision matrix and influence the assessment of the overall risk of transmission and further spread of COVID-19 in relation to the mass gathering.

Topic	Key consideration	Score		
		Yes/Completed (2), Maybe/In progress (1), No/Not considered (0)	Weighting	Total score
Understanding of the overview of the current COVID-19 situation by the event organizers	Have the relevant organizers and responsible staff been informed about the latest available guidance on the COVID-19 outbreak (official web resources available from WHO, CDC, ECDC, UN, local public health authorities)? And are the organizers and staff concerned committed to following the available guidance?	2	1	2
	Are organizers aware of global and local daily situation reports as provided by WHO or local public health authorities?	2	1	2
	Do the organizers and responsible staff understand the risks and transmission routes of COVID-19, the steps that event attendees can take to limit spread, the recognized best practices (including respiratory etiquette, hand hygiene, physical distancing, etc.), and the travel restrictions adopted by different countries that may affect the mass gathering?	2	1	2
Event emergency preparedness and response plans	Has a contingency medical response plan for COVID-19 been developed for this mass gathering sporting event?	2	3	6
	Does the contingency medical response plan include information about how attendees should interact with the host country healthcare system (e.g. hotline/helpline telephone number, medical teams and first-aid points for the mass gathering, local health care system)?	2	3	6
	Is there an Emergency COVID-19 Outbreak Response Coordinator/Team in the organizing committee or other structure for the mass gathering with defined roles and responsibilities, coordinating the health preparedness and response planning for the outbreak?	2	2	4
	Has the host country or organizer requested support from WHO and/or local public health authorities ?	2	3	6
	Have the organizers of the mass gathering event acquired the following supplies to help reduce the risk of transmission of COVID-19?			
	* Personal protective equipment (e.g. masks, gloves, gowns) for onsite medical personnel	2	3	6
	* Hand sanitizer and alcohol rubs/gels, tissues, frequently replaced soap canisters and closed bins for safe disposal of hygienic materials (e.g. tissues, towels, sanitary products) in washrooms and changing rooms	2	3	6
	* Hand sanitizers and alcohol rubs for all entrances and throughout the venue	2	3	6
	If a person feels unwell/ shows symptoms of an acute respiratory infection during the event:			
	* Is there a procedure for athletes or spectators to clearly identify whom to contact and how to do so if they or other event participants feel unwell?	2	3	6
	* Is there a protocol on whom meeting organizers should contact in the host country to report suspected cases and request testing and epidemiological investigations?	2	3	6
	* Are first-aid services or other medical services in-place and equipped to support patients with respiratory symptoms?	2	2	4
	* Are there isolation rooms or mobile isolation units available onsite?	2	2	4
	* Are there any designated medical facilities that manage patients with COVID-19 infection in the host country?	2	2	4
	* Are there transportation services with trained medical professionals available to transport critically ill patients with severe acute respiratory infections to a hospital or to evacuate them from the host country, if necessary?	2	2	4
	Has a cleaning schedule been developed to ensure the venue is clean and hygienic – wiping surfaces and any equipment regularly with disinfectant is strongly recommended (before, during and after the event and between each round of competition)?	2	3	6
Are there established screening measures , including temperature checks in place for participants at the point of entry, venues, routes and on-site medical facilities (first-aid points)? (Please specify in Comments what these screening measures include)	2	3	6	
Is the host country conducting COVID-19 laboratory diagnostic tests ? (If Yes, please specify in comments the type of COVID-19 diagnostic test used)	2	3	6	
Does the host country have a national public health emergency preparedness and response plan that can address severe respiratory diseases, including COVID-19?	2	2	4	
Is there a preliminary agreement by the host country to provide care for any COVID-19 cases connected with the mass gathering?	2	3	6	
If the event is for a duration of 14 days or longer, does the medical response plan for the event include resources and protocols for managing all public health interventions that would be necessary and supporting the national public health authorities if participants are infected and become unwell at the event? (If the event is for less than 14 days, please score 0)	0	3	0	
If the event is for less than 14 days, does the medical response plan include protocols for organizers to notify all participants of possible exposure to COVID-19 if the organizers are made aware of any suspected or confirmed cases that attended the event? (If the event is for 14 days or longer, please score 0)	2	3	6	

Annex 3. Mass gathering mitigation checklist for COVID-19 (continues)

Stakeholder and partner coordination	Is there an established mechanism for collaboration and coordination between the health and security sectors , which is considered as crucial?	2	2	4
	Are there agreed, clear and easily understood processes in place for reporting to external multi-sectoral stakeholders (including surveillance authorities, WHO, CDC, ECDC, etc.) and disseminating risk communication messages (Media)?	2	2	4
Command and control	Is there a decision-making authority/body and an agreed procedure to modify, restrict, postpone or cancel the mass gathering sporting event related to the evolving COVID-19 outbreak?	2	3	6
	Are there arrangements to activate a strategic health operations centre if there are suspected COVID-19 cases in connection with the sporting mass gathering?	2	2	4
	Have the mass gathering organizers and staff undergone training and exercises on personal safety procedures and emergency mitigation measures (including those specifically listed in this checklist)?	1	3	3
Risk communication	Is there a risk communication strategy for the sporting mass gathering in regard to COVID-19?	2	3	6
	Is there a designated person(s) to lead media activities and tasked with managing all external communications with national and international government officials, the general public, and the media? (If yes, please identify the spokesperson in comments)	1	2	2
	Has there been monitoring of national and international media and social media established for rumours to be able to counter them early? (Please explain in the comments what protocols are in place for counter messaging)	2	2	4
	Has coordination been set up with major official media channels and social media sites such as Twitter, Facebook and Instagram so that messaging can be coordinated with, and assisted by, the platforms to provide targeted messaging from organizers (including messaging to counter fake news and rumours, and proactive messaging about the status of the mass gathering, including changes)?	2	2	4
Public health awareness of COVID-19 before and during the event	Has public health advice on clinical features of COVID-19, preventive measures, especially respiratory etiquette, hand hygiene practices, and physical distancing, been shared with all staff involved in the event, athletes, the public, and personnel of all relevant stakeholders?	2	3	6
	Has information on the at-risk populations been provided to all athletes, the public and others so they may make an informed decision on their attendance based on their personal risks?	2	3	6
	Has public advice included information on the meaning of the following measures: quarantine, self-isolation and self-monitoring ?	2	2	4
Surge capacity	Are there any surge arrangements in place in the event of a public health emergency during the mass gathering - (i.e. suspected and confirmed cases of COVID-19?			
	* Do these surge arrangements include funding for mitigation measures?	2	3	6
	* Do these surge arrangements include stockpiles of equipment (e.g. personal protective equipment, etc.)?	2	3	6
	* Do these surge arrangements include training of extra staff?	1	2	2
	* Do these surge arrangements include volunteers?	2	2	4
Specific mitigation measures	Will there be daily health checks of athletes/competitors?	2	2	4
	Will the athletes be separated from other groups , such as officials, support staff and spectators, to limit transmission?	2	2	4
	Are there measures in place to limit the sharing of equipment, water bottles, towels, etc. ?	2	3	6
	Will athletes be given closed containers to allow for the safe disposal or storing of all hygienic materials (e.g. tissues, towels, etc.)?	2	3	6
	Will the sporting event have designated seating for all spectators?	2	3	6
	Does the designated seating provided allow for physical distancing between spectators (minimum of 1 metre)?	2	2	4
	Have pre-travel health checks been performed on all athletes to ensure underlying co-morbidities, medications, allergies, etc. are documented?	1	2	2

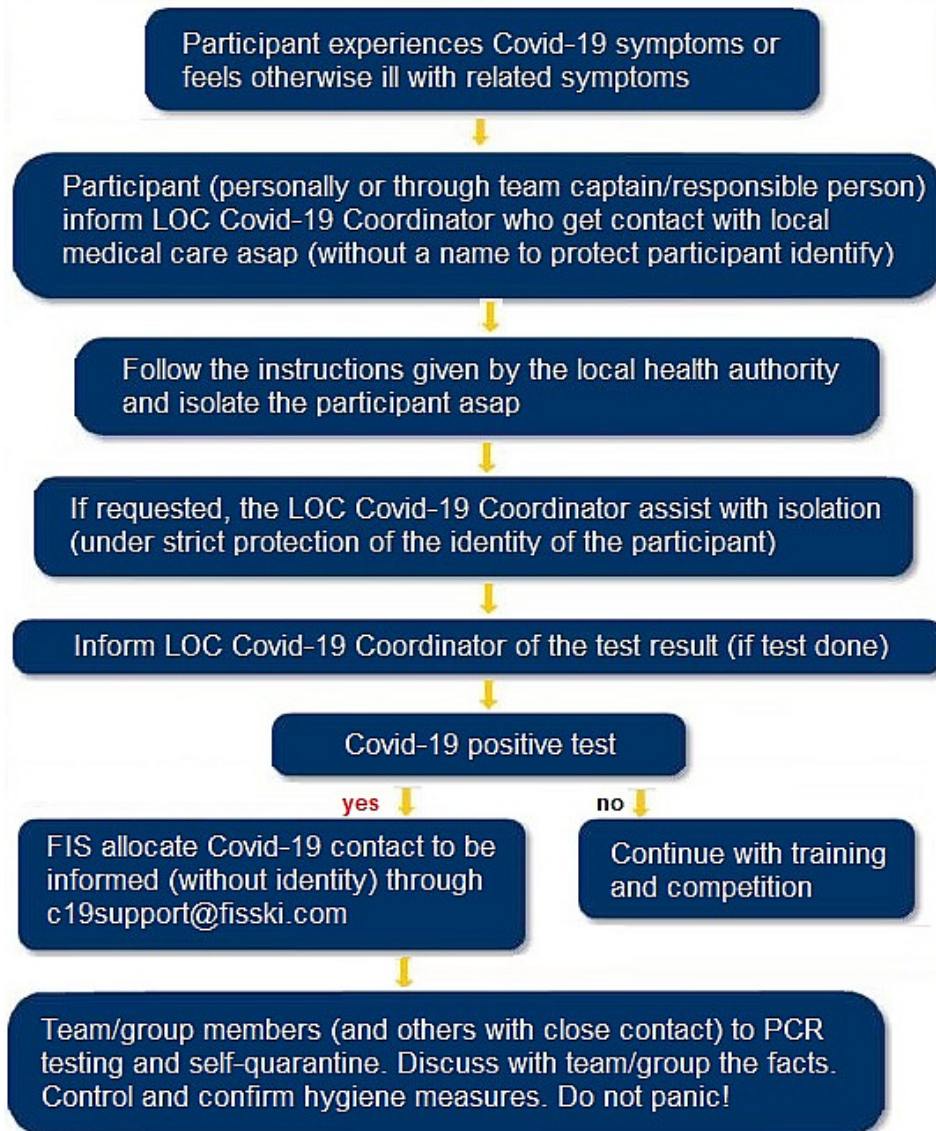
Sum of mitigation measures	211	211
Total mitigation score (%) Riski maandamine	96	

Annex 4. On-site testing protocol



Annex 5. Activities in case of participant illness

(FIS Covid-19 Prevention Guidelines July 2021, v3)



Annex 6. Competition venue, Otepää



Annex 6. Competition venue (continues), Otepää stadium area



Annex 7. Competition venue, Tartu

