



**X. JIŘÍ RAŠKA MEMORIAL – COC MEN FRENSTAT  
SGP WOMEN FRENSTAT  
13 – 15 August 2021, Frenštát pod Radhoštěm, CZE**

**The guidelines and procedures have been prepared by the LOC of Frenstat together with relevant Health Authorities of the Czech Republic.**

**From 1<sup>st</sup> August, Czech regulations allow for outdoor events with the participation of up to 7000 people.** The list of low/high-risk countries is updated by national authorities every Monday - the next update will be provided by LOC on Monday 2<sup>th</sup> August.

**National Health Authorities rules apply, the next update of rules will be during the next week. If the rules change, the LOC will inform all participants immediately.**

**Arrival to the Czech Republic**

**Before entering the Czech Republic, all foreigners are obliged to fill in the Arrival Form <https://plf.uzis.cz/>.**

If the person is traveling from countries with a low or moderate risk of infection, it is necessary to undergo an antigen test or RT-PCR before entering the Czech Republic. An antigen test or RT-PCR test must be performed no more than 48 hours antigen or 72 hours PCR before travel to the Czech Republic (the test confirmation can be in paper or electronic form and you can use this [PCR test confirmation form](#) or the [antigen test confirmation form](#). For this purpose, you can also use the [EU digital COVID certificate](#), which confirms the referral of the test).

When citizens of EU are traveling from any country with a risk of infection, those who have suffered covid-19 in the last 180 days (exempt from a certificate from a doctor from an EU country where isolation has taken place or EU digital COVID certificate) are exempted from the test (only required to fill in an arrival form). The citizens of EU, who are vaccinated and at least 14 days have passed since the end of vaccination (need to prove with a national certificate, samples of national vaccination certificates can be found on the Ministry of Health website or EU digital COVID certificate), are exempted from the test too (only required to fill in an arrival form).

Currently, citizens of China, Turkey, Ukraine, and Russia have to undergo another PCR test upon arrival and must remain in isolation until a negative result. The PCR test after arrival is not necessary, if the persons were staying only at a country of low or moderate risk of covid-19 in the last 14 days before arrival. (confirmation of non-stay in the questionnaire)

In case a given nation's/team's situation changes, they will be informed accordingly.



## **GENERAL RECOMMENDATIONS for athletes, teams members and organizers**

**All event participants are obliged to wear respiratory protection (respirator FFP2/KN95) throughout the event!** Social distance and personal hygiene rules must be observed - hand washing and sanitizing.

**In case of infectious disease symptoms** (cough, running nose, sore throat, breathing difficulties, fever, nausea, vomiting, diarrhoea) an isolation is required in own hotel room. **If covid 19 is suspected, a PCR test will be performed immediately.**

**In case of any covid symptoms, please contact the local doctor Ms. Dita Svobodová, M.D.**  
**Phone Nr.: +420 737 516 235.**

**Participants with symptoms of acute infectious disease will not be admitted to the competition venue.**

**It is mandatory to have the mouth and nose covered with a respirator or other protective device without an exhalation valve with a filtration efficiency of at least 94% (class FFP2/KN95) in all indoor areas in the Czech Republic.**

**Given the current epidemiological situation and the smooth running of our sporting event, it is advisable to participants to limit their movement to the venue (hill) and accommodation.**

### **Transportation**

In order to minimize contacts with strangers/outside the OC of Frenstat recommends using own transportation. Parking area is located on the top of the hill et team area.

### **Accommodation**

It is possible to provide accommodation services to those who have no symptoms of Covid-19 and prove that they meet one of the conditions

- negative test is fulfilled by anyone who proves that:

(a) has undergone a negative RT-PCR test for the presence of SARS-CoV-2 virus with a negative result no more than 7 days ago, or

(b) has passed a POC test for SARS CoV-2 antigen with a negative result no more than 72 hours ago.

A negative test result is proven by a message from the testing center or by a [certificate](#).

Or citizens of EU

- completed vaccination with a vaccine approved by the European Medicines Agency and at least 14 days have passed since the last dose of the vaccine according to SPC.

- past illness is fulfilled by anyone who proves that he has had a laboratory-confirmed COVID-19 disease and has had an isolation period according to the valid emergency measure of the Ministry of Health and since the first positive POC antigen test for SARS-CoV-2 virus or RT-PCR test for virus SARS-CoV-2 no more than 180 days have passed.



## **Unofficial training**

is possible. Athletes must present a negative result of PCR test (max. 7 days before) or a POC antigen test (max. 72 hours before) before entering the sports area. The citizens of EU can only have a certificate of illness or vaccination certificate issued by the national Ministry of Health. However, all athletes are also required to follow hygienic measures - keeping their distance and regularly washing their hands. They do not have to wear a face mask or respirator during the sport, but after the end of the training, it is necessary to put it on again under regulations.

## **Accreditation**

**Each participant must upload in FIS Passport before accreditation at the event following:**

1. Proof of PCR Negative test result within 72 hours before accreditation (or proof of positive PCR test between 6 months and two weeks before accreditation and free of symptoms)
2. Complete a Health Questionnaire

**This is an important part of participation in the World Cup/Grand Prix level events.**

**Individuals with positive PCR test results shall not be accredited at the event.**

All accredited individuals must submit a completed and signed FIS questionnaire with additional data requested by Health Authorities of the Czech Republic, esp. countries of the stay in the last 14 days (not in FIS Covid Pass). We kindly ask all participants to fill in these questionnaires in advance and send them to us before arrival. This will speed up the accreditation process considerably.

## **Team area**

During the entire event, each team will have at their disposal a fenced container and service area, which shall all be cleaned and disinfected regularly.

## **Catering at the hill**

Pre-packed food will be delivered to each team individually.

## **Access to start area**

Hand sanitizing before entering the tower; social distancing, face protection.

## **Exit gate**

Face protection, hand sanitizing, social distancing.

Leader board and benches, as usual, clean up and disinfect each round.

## **Lift**

Only for athletes, team members, FIS, and OC members.

Only 1 person per seat, hand sanitizing before and after use.



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## **Equipment control start and after the jump**

Hand sanitizing, face protection.

## **Coaches' stand**

Social distancing, face protection, hand sanitizing.

## **Media, TV**

No live broadcast. TV summary recording.

A short report with a camera plan required prior to competition by the TV crew.

Press tent with electricity and internet will be set up by the lift side of the hill.

## **Mixed zone**

TV/Radio/Press with social distancing, face protection.

Press conference in form of a "hero interview" right after ceremony on the podium (separate microphone prepared for each athlete, social distancing).

Podium photo shooting - without face masks, distancing of top-3

## **Spectators**

with no access to teams area.

All spectators and LOCs must have confirmation of a negative test, illness, or vaccination - as determined by local health authorities.

## **TCM**

Online entry process managed with ST-Sport service and FIS

TCM (Pdf version) PPT presentation for teams

TCM with one coach/official per team and social distancing.

## **Covid-19 information - LOC Covid-19 Coordinator**

Katerina Kyselova, M.D.

Mobile: +420 733 594 712

katerina.kyselova@spadia.cz

**RT-PCR or POC antigen test** - The price: SARS-CoV-2 PCR test 55 Euro, POC antigen test 25 Euro.

The LOC of Frenstat will make PCR test available if teams will need to require RT-PCR tests to return to their own country/next destination. Requests must be made in advance by E-mail or SMS – LOC Covid-19 Coordinator.

## **Local internet application for Covid-19 contacts**

[www.erouska.cz/en](http://www.erouska.cz/en)