



NSF- COVID-19 protocol for testing and infection control

Event: *World Cup, Nordic disciplines, Lillehammer*

Dato: 3.-5.12.2021

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1. **Brief factual information about the event World Cup, Nordic disciplines, Lillehammer**

a) **Implementation and scope**

Date: 3.-5.12.2021
Disciplines: Cross country and Nordic skiing women and men and ski jumping women
Arenas: Lysgaardsbakkene Ski Jumping Hill, Lillehammer
Birkebeineren Ski Stadium, Lillehammer
Accommodation: Scandic Lillehammer Hotel, Scandic Victoria Hotel, Birkebeineren Hotel and Neramo Hotel

Arrival to Lillehammer is 28.11.2021. Participants and support staff in cross-country skiing and Nordic combined for men arrive from Ruka, Finland, which is currently classified as red by the UDI (The Norwegian Directorate of Immigration). Ski jumping women arrive from Russia which is also currently classified as red. Nordic combined women arrive from different-/their own destinations. Departure time is the day after the last competition, i.e. no later than 6.12.2021.

b) **The responsible local organizing committee (OC):**

Per Olav Andersen, Chair of OC
Roar Olsen, Deputy chair of OC
Bente Laugen, Event secretary
Representative from Volvat Medical Center AS, COVID-19-coordinator
Representative from Volvat Medical Center AS, Head of race medical service

A complete overview of the organizing committee with contact information is attached.

c) **Arrival and transport**

Visiting nations shall register all relevant information in FIS's digital registration database. Through this, the organizer has a detailed overview of the following information:

- Flights, who comes with which planes at what times and from where.
- Hotel bookings with all details about who shares rooms etc.
- Transport needs to and from the airport as well as between hotels and training areas.
- Overview of dining for all teams. Detailed lists with the number and names for the individual meals each day.
- Overview of travel plans for wax trucks and other vehicles used by the teams.

d) FIS-covid-19 passport

A valid "FIS-covid-19 passport" is mandatory for all participants, support staff and all other accredited personnel. This is a digital solution where everyone is obliged to register detailed travel information, test history and any illness. Data from the last 14 days will be available to all accredited. Updated registration of information in the "FIS-covid-19-passport" is a prerequisite for participation and accreditation for the event.

2. Brief description of the authorities' requirements / restrictions for the sports event in general and those with the exception of the entry quarantine

There are currently no restrictions for conducting sports events in Norway. If this changes, the organizer will continuously adapt to local or national laws or regulations.

However, the Norwegian government has border-entry restrictions for foreign citizens and quarantine regulations for those who come into the country. For more details and specific exemptions to the entry restrictions and quarantine regulations, please see section 3 in this protocol.

The organizer will implement the following measures:

- The organizer shall ensure that sick people are not present at the event together with healthy people.
- General standards for infection control will be followed and good hygiene maintained.
- The organizer will have an overview of who has access to different areas / zones.

Participants and support staff arriving from outside Norway

Exemption from border entry restriction:

Everyone who shall participate in the WC event (and thereby is entitled to accreditation), regardless of which countries they come from or have stayed in the last 10 days before arrival, has an entry permit to Norway for this event according to a special provision in the national Entry Act for such events.

Requirements for testing after arrival in Norway:

Persons who during the last 10 days before arrival in Norway have resided in an area with a quarantine obligation as stipulated in Appendix A of the Norwegian Covid

regulations, must test for SARS-CoV-2 at the border crossing point in Norway. The test must be antigen rapid test.

Quarantine requirements after arrival in Norway:

Persons over the age of 18 who arrive in Norway from an area with a quarantine obligation as stipulated in Appendix A of the Covid regulations, must go into quarantine for 10 days after arriving in Norway. However, the quarantine can be terminated if the person can document a negative test result by PCR test taken no earlier than three days after arrival.

Top athletes with a quarantine obligation as described above are still exempt from the quarantine obligation during working hours in connection with WC events during the (3) days they are in quarantine. This means that they can train and compete and do other sports-specific tasks, but must maintain the quarantine obligations outside working hours. N.B.: The prerequisite for the exemption during working hours is that the person tests negative for antigen rapid tests every day before they start work (training / competition).

Exemptions from the requirement for quarantine apply to the following:

- Persons who can document with an EU-approved corona certificate that they have been fully vaccinated against SARS-CoV-2 or have tested positive for SARS-CoV-2 within the last 6 months
- Persons who the last 10 days have resided in a country / area with a low Covid-19 infection rate defined by the Norwegian authorities

For those who must be in the quarantine, the following applies:

- Stay in single rooms.
- Avoid visitors in the room.
- You cannot take longer trips domestically.
- Do not take public transport.
- You can walk outdoors, but keep 2 meters away from others.
- Avoid any places where it is difficult to keep 2m distance.
- Avoid public places, transportation and shops. In the absence of alternatives, you can go out to carry out necessary errands in a grocery shop or pharmacy - but make sure to keep a safe distance to others, wear a face mask and avoid queues.
- Be aware of your own symptoms. If you get an acute respiratory infection with fever, cough, lose your sense of taste or smell, or have other symptoms of Covid-19 while in quarantine, you are considered likely to be infected with Covid-19. Then you should be tested as soon as possible and isolate yourself pending test results.

3. The Governments requirements and recommendations for infection control measures and follow up when persons are exempted from the quarantine obligation

The Organizer and The Norwegian Ski Federation is fully aware of an unstable infection pressure in many of the Norwegian cities and municipalities and are well acquainted with the increasing infection through the autumn.

As an Organizer, we recognize our full responsibility for:

- 1) Not contributing to spread of infection from incoming participants to the local population.
- 2) Not contributing to spread of infection from the local population (volunteers in the event) to the visiting participants.
- 3) Not overload the municipality's own infection control preparedness, including capacity for testing and infection tracking.

Anchoring of infection controls plans in this protocol with the District Medical Officer will happen if the need arises and local regulations. The extent of this collaboration is governed by the District Medical Officers' need for clarifications in relation to roles, responsibilities and shared tasks. From the Organizer's side it will be the leader of the Organizing Committee Per Olav Andersen and COVID-19- Coordinator XX who has a direct dialogue with the District Medical Officer.

With this test and infection control protocol, the organizer wants to show that we can meet national and local authorities' requirements and recommendations for managing foreign persons in a sports event who are partially exempted from the quarantine obligation after entering the country. We implement the following specific infection control measures on foreign personnel where this is a requirement in the national Covid-19 regulations or in FIS's Covid-19 test protocol:

- Test on arrival and once a day for the first 3 days (antigen) on people who are obliged to quarantine.
- Test after 3 days (PCR) to test yourself out of quarantine
- Single room occupancy during the quarantine period
- Test of all accredited who develop symptoms during the event
- Use of face mask in certain zones and situations according to requirements from FIS

It is presumed that exceptions from the quarantine obligation during working hours, will only be valid if the specified regime for testing and recommended infection control measures are implemented by the Organizer. Additionally, the Organizer must ensure the following:

- Customized information in a language the participants understand about testing and advice for infection control and self-monitoring.

- Opportunity to follow infection control advice at the event, with a view to keeping your distance from each other and the opportunity to perform hand washing / disinfection.
- Access to rapid sampling, analysis and test results.
- No risk of loss of income in the event of a positive test result.
- Easy, safe and free access to health care in case of symptoms

Testing during the event will take place in a designated test station at Scandic Lillehammer Hotell in connection with the «event office».

4. FIS Covid-19 guidelines and restrictions

The International Ski Federation (FIS) has prepared its own test protocol, the "FIS World Cup Risk Management Covid-19 Testing Protocol". The document makes recommendations and sets requirements for the organizers. In cases where national rules are stricter than the FIS Protocol, the national rules will always be superior to the FIS Protocol. As the situation is in Norway at this moment, FIS's guidelines will be governing several of the event testing and infection control measures.

The FIS protocol requires that

- all accredited persons must have a valid "Covid-19 FIS Passport".
- a negative test no later than 72 hours before arrival at the event must be documented before obtaining the accreditation
- a health questionnaire on Covid-19 symptom must be filled out and entered into the FIS passport
- face masks must be used in all accredited areas of the event

For the organizer, this means that officials who are in direct contact with athletes and support staff must follow FIS 'requirements even if Norwegian regulations do not set these requirements.

5. Overall barriers and infection control measures for the event

The organizer's infection control measures are based on the following principles:

1. Avoid that sick people come in contact with healthy participants by informing everyone not to participate even with the slightest feeling of illness. Quick reporting routines in case of illness will be ensured. Sick persons must be isolated and are not allowed to be present at the event.
2. Good information about hand hygiene, coughing routines and how to limit contact from hands to face.

3. Ensure frequent cleaning of all common areas / surfaces in hotels, gyms, arenas, etc.
4. Ensure effective routines for identifying infection via mandatory testing of everyone who comes from countries that require testing and quarantine by Norway authorities.
5. Good preparedness and capacity for isolation, infection detection and infection remediation.
6. To practice clear consequences for individuals and groups who are breaking the infection control rules / covid protocol, such as revocation of accreditation and expulsion / repatriation from the event.

6. COVID-19 team

The organizer is in close collaboration with the municipality and is responsible for all handling of testing and infection control measures. The work is organized by a COVID-19 team consisting of the following people:

- Per Olav Andersen - administrative leader.
- Representative from Volvat Medical Center AS - head of medical
- Representative from Volvat Medical Center AS - Covid-19 coordinator
- Ola Rønsen - Chief Medical Officer for the Norwegian Ski Federation
- XX - FIS COVID-19 representative

Others, if necessary:

- Morten Bergkaasa, District Medical Officer in Lillehammer who is responsible for infection control

7. Testing, isolation, quarantine and dealing with infection cases

The organizer will follow the current Norwegian «Regulations on infection control measures etc. in case of a corona outbreak” and NIPH (FHI) recommendations regarding testing, infection tracing and follow-up of positive cases for everyone coming from abroad and for Norwegian people who will participate in the event.

Testing is organized and carried out by Volvat Medical Center AS according to a plan from the Covid-19 team.

Implementation of testing and analysis:

NSF / organizer has entered into an agreement with Volvat to carry out both antigen and PCR testing and analyzes, and will through this agreement organize and carry out all necessary testing locally. The municipalitys’ test capacity will therefore not be challenged. The testing is performed by qualified health personnel at a designated

test station at Scandic Lillehammer Hotel.

The scope of testing:

- All participants in the event must have a negative PCR test taken no later than 72 hours before arrival.
- All persons covered by section 6 of the Covid Regulations must be tested once a day for the first 3 days (antigen).
- PCR test after 3 days to test yourself out of quarantine.
- Volunteers who are in contact with athletes or support staff are tested within 72 hours prior to their participation in the event.

All test results will be logged in a separate computer system and treated as sensitive information in accordance with current Norwegian rules for storage of health information and in line with the GDPR directive.

Positive test routines

- The COVID-19 team is responsible for ensuring that all routines related to notification of a positive COVID-19 test, isolation of the infected person and tracking of close contacts and initiation of quarantine for these follow the NIPH and the District Medical Officers' guidelines.
- In the event of a positive test, the District Medical Officer who is responsible for infection must be informed immediately, in addition to everyone in the COVID-19 team.
- The infected person is notified according to the FIS protocol.
- The organizer's COVID-19 team will, in collaboration with the District Medical Officer, immediately implement isolation of the infected person according to FHI's guidelines for isolation.
- Close contacts in the same group / team / cohort are also identified immediately, i.a. by means of the organizer's cohort lists, room lists and FIS database.
- Other infection control measures will be considered / decided by the COVID-19 team in consultation with the District Medical Officer. All parts involved, including the organizer, leaders, athletes, federations and FIS are subject to any immediate decisions and orders from the District Medical Officer and the organizer's COVID-19 team.

8. Information to all incoming participants before the event

The organizer has already sent out preliminary information in English about conditions that incoming participants must be familiar with before entry. This information is disseminated through FIS and will be updated continuously until the

start of the event. FIS has its own information system that guarantees that information sent out in this system goes to all nations, teams and individuals who are registered for the event.

This protocol will be updated if significant changes in Covid regulations should be issued by local or national health authorities. The English version will be published in FIS's information channel as soon as it is approved or updated. In addition, an updated version will be sent to all accredited persons coming from red countries.

9. Specific infection control measures for the following areas / places:

Hotel in Lillehammer

- Participants who are subject to quarantine shall stay in solitary confinement during the quarantine period.
- Participants who are subject to quarantine will have their own dining area.
- Face mask must be used in all common areas at the event hotels.

Use of indoor facilities at the hotel, including fitness facilities, massage / treatment rooms and meeting rooms after the sports quarantine has ended

- Athletes in quarantine are assigned dedicated times for the use of indoor fitness rooms.
- Other participants are free to use the areas from arrival.

Internal transport in Lillehammer

- All transport takes place with the organizer's closed transport system or the individual nations' dedicated vehicles.
- All means of transport from the organizer are disinfected between each transport.
- The organizer has officials who control access to the individual transport in accordance with cohort.

The arenas

- Organizer will keep athletes, leaders and officials separated from the spectators.
- There will not be held any gatherings beyond the sporting events to avoid mixing with the locals.
- All meals are served at the hotel / residence. Personnel who will be at the arena for a longer period of time will have access to ready-made food.
- The bib and chip are packed in advance and hung up for collection by the individual athlete. Wrapping and hanging up is done by an official who has

followed internal procedures for disinfection. The Prize giving ceremony will be carried out with the current distance rules and without distributors. Prizes are placed on the podium in advance and collected by the individual athlete.

- Face masks must be used in accredited areas and where distance requirements cannot be maintained.

Arena security

- The organizer establishes access control and shell security in the areas that are closely connected to the cohorts so that unwanted audiences are not given access to stay in the vicinity of these areas.

Media

- International media representatives follow all test and infection control measures outlined above for athletes and support staff from abroad
- National media must be able to document a negative PCR test taken within 72 hours before entering the event
- A separate dedicated area for media is created.
- In the mixed zone (outdoors), double fences are rigged for increased distance between the media and athletes.
- Any press conferences before, during or after the event are conducted digitally or in such a way that athletes and support staff do not have physical contact with the media at any time.
- Media is accommodated in dedicated hotels
- The media must wear a face mask in accredited areas.

Volunteers and other implementation staff

- Covid 19 testing of officials who will be in contact with participants is carried out within 72 hours before entering the event.
- Volunteers presence at the arena shall be in accordance with rosters and in predefined limited areas.
- Volunteers must wear face masks in accredited areas and where distance requirements cannot be met.

About the protocol

This protocol has been prepared in accordance with current requirements in the Covid-19 regulations with accompanying recommendations and guidelines on infection control given by NIPH and the Norwegian Directorate of Health, but based on an exception from current entry restrictions for foreigners given in the Immigration Act and exemptions from entry

requirements in Covid -19 regulation. In addition, the requirements of the "FIS Covid 19 World Cup Risk Management and Testing Protocol" are incorporated in the protocol.

Any changes in the regulations, as well as orders and input from national and local health authorities, will be continuously included and updated in the document.

The protocol has been prepared by local event management by general manager Per Olav Andersen, together with medical director Ola Rønsen, leader organization Øistein Lunde and event manager Terje Lund in the Norwegian Ski Association.

Lillehammer, 11.11.2021

*Per Olav Andersen
Leader local organizing committee*

ATTACHMENT

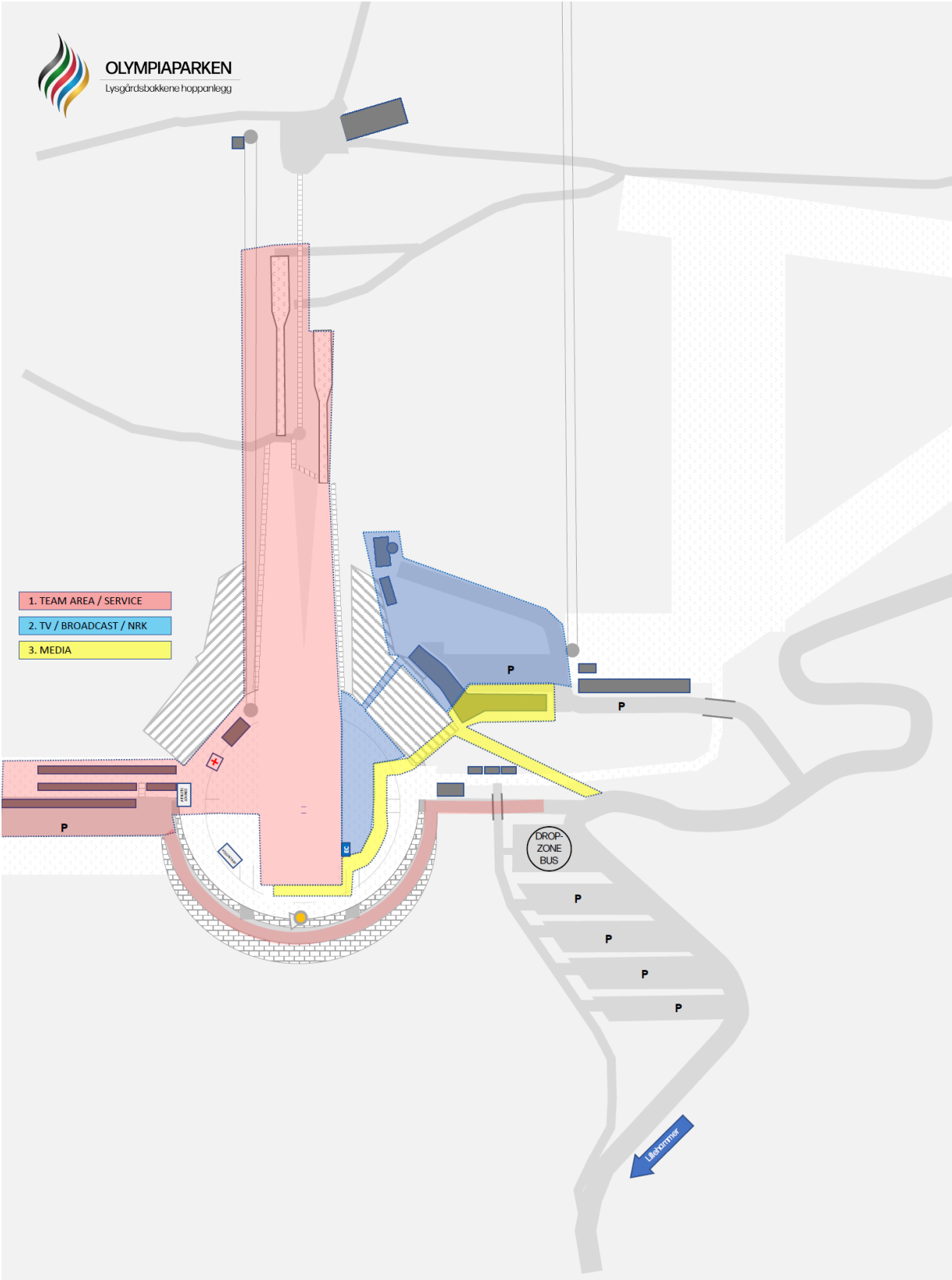
CONTACT PERSONS - LOCAL EVENT COMMITTEE

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|--|--|----------------|--|
| CEO, chair of the organizing committee Lillehammer Olympiapark | Per Olav Andersen | +47 91 886 082 | per.olav.andersen@olympiaparken.no |
| Deputy chair of the organizing committee | Roar Olsen | +47 91 170 733 | roar.olsen@olympiaparken.no |
| Event secretary | Bente Laugen | +47 48 074 467 | bente.laugen@olympiaparken.no |
| Covid-19-coordinator | Representative from Volvat Medical Center AS | | |
| Race doctor / Head of medical | Representative from Volvat Medical Center AS | | |

CONTACT PERSONS – NORWEGIAN SKI FEDERATION

| | | | |
|---------------------|---------------|----------------|--|
| Medical manager | Ola Rønsen | +47 455 05 239 | ola.ronsen@skiforbundet.no |
| Leader Organization | Øistein Lunde | +47 924 47 076 | oistein.lunde@skiforbundet.no |
| Event manager | Terje Lund | +47 900 20 999 | terje.lund@skiforbundet.no |

MAP OF LYSGAARDSBAKKENE SKI JUMPING ARENA



MAP OF BIRKEBEINEREN SKI STADIUM WILL COME SOON