

OUR WINTER  
IS  
COMING



**November, 25-27**

**Nizhny Tagil**

**Information for participants  
on preventive measures and  
the organization  
of testing for Covid-19  
During FIS Nordic Combined  
Continental Cup**

**Ver. 26.10.2021  
COVID-19 protocol will be updated  
during preparation for the event**



## Current restrictions in Sverdlovsk region:

- Doing sports in open spaces is allowed without restrictions, with restrictions (QR code on vaccination or previously infection) it is allowed indoors and in gyms;
- Face masks are required in parking lots, elevators, taxis and public transport;
- Compulsory vaccination for certain categories of citizens;
- Shops and retail outlets are open, including street vendors;
- Cafes and restaurants are open (1.5-2 meters between tables or with a partition installed between them), hotels, as well as parks and squares are available for visitors, provided that visitors observe the social distance;
- Access to shopping malls, theaters, sport venues with QR code on vaccination or previously infection;
- Sports events are allowed with compliance with all methodological recommendations with a 75% capacity of the venue for spectators who has QR code on vaccination or previously infection (the actual number must be agreed in the sanitary doctors and depends on the current epidemiological situation in the region)

### LOC COVID-19 COORDINATOR

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### THERE IS NO QUARANTINE UPON ARRIVAL IN RUSSIA

### BEFORE ENTERING IN RUSSIA

- A negative PCR-test for Covid-19 must be done not earlier than 72 hours before border crossing. The test result must be printed in English. (a positive antibody test, certificate confirming previously infection or vaccination is not a reason for refusing to provide a negative PCR-test)

## GENERAL INFORMATION

1. Use a face mask and gloves in all public places;
2. Wash your hands and use hand sanitizer, which will be provided in places of accommodation, canteen, wax cabins, race office and other public places.
3. Keep the social distance of 1,5 m whenever possible
4. Include COVID-19 treatment and isolation costs in insurance

During the FIS Nordic Combined Continental Cup it is planned to use **the principle of "bubbles"**, i.e. several zones will be formed in order to maximally separate athletes / members of teams / FIS representatives from other groups.

**PLEASE NOTE: the event will take place on the same venues at the same time as the FIS Women Ski Jumping World Cup.**

**To comply with the "bubbles", all participants are prohibited from moving independently and visiting public places in the city (except for the venues of the event), otherwise their accreditation may be withdrawn.**

**All team's members, officials and partners will be provided with FFP-2 masks without a valve in an amount of at least 2 pieces per official day.**

**People with a positive PCR test within the last 2 weeks prior to arrival are not allowed to participate in the event**



## ARRIVAL TO RUSSIA

Before boarding the flight to Russia, it will be necessary to fill out the Questionnaire and upload the result of the PCR test (made no earlier than 72 hours before entering Russia) into the FIS COVID-19 Passport system, as well as take with you in a printed format for presentation at passport control. In case of deterioration of health during the flight, it is necessary to inform the member of the crew about this, and upon arrival inform the representatives of the sanitary control service of the Koltsovo airport (Ekaterinburg), which will meet the participants on board an aircraft.



### During the flight or upon arrival in Russia on board the aircraft,

you will have to fill out a questionnaire. Before leaving the aircraft passengers will undergo a visual health examination and a thermal imaging control.

**In addition, passengers must provide the filled questionnaire and a certificate of a negative PCR-test for Covid-19 in Russian or English (if the certificate is presented in another language, a translation certified by the Russian consulate is required).**

### IN ORDER FOR ACCREDITATION TO BE RECEIVED, EACH PARTICIPANTS MUST FILL OUR IN FIS PASSPORT FOLLOWING INFORMATION:

- ❖ Upload to the FIS COVID-19 Passport (before crossing the border) negative PCR TEST (made not earlier than 72h before entering to Russia), please have PCR Test (nose/throat swab) printed with you for presentation at passport control;
- ❖ Pre-Event Questionnaire
- ❖ **For person who was previously infected C-19 or vaccinated:** Upload to the FIS COVID-19 Passport (until November 11) medical certificate proving previous infection (if person was infected COVID-19 between 6 months and two weeks prior to the event) or vaccination certificate (vaccination completed more than 2 weeks before the event)

If it is necessary to provide a test results for a further flight (after the event in Nizhny Tagil), testing can be organized 2-3 days prior to the departure (the cost of the PCR-test is 70 euros)

## TRANSPORT

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

Transfer «airport – hotel», «hotel – competition venue» **will be provided with a social distance of at least 1.5 meters, seating will be checkerboard-arranged with the designation of vehicles to individual teams (small teams can be combined, but with social distance 1.5 m).**

The parking for shuttle buses will be located on the territory of the competition venue – as close to changing rooms and wax-cabins as possible. A separate path will be available for athletes and FIS officials. This path will not be available for other client groups.

**The choice of the transport carrier will be carried out in accordance with the requirements to counter the spread of Covid-19:**

- ❖ Drivers have a negative test result for COVID-19 by PCR method received not earlier than 3 days before the first transportation of the participants
- ❖ Daily thermometry and wellness surveys for drivers
- ❖ Transport will be regularly ventilated
- ❖ When transporting passengers, the driver maintains a social distance of at least 1.5 meters and uses mask FFP-2 without a valve and hand sanitizers
- ❖ Complete disinfection of vehicles is carried out daily
- ❖ Disinfecting of interior surfaces of the vehicle is required during the day in the intervals between the runs



## COVID-19 TESTING

Athletes, team members, FIS officials, technical staff and partners will be allowed to hotel and competition venue in Nizhny Tagil if there is a negative PCR-test result, which made no more than 3 days before arriving at the venue.

### Preparation for the PCR test (nose/throat swab):

Preparation is necessary in order not to influence the test results. The main condition is not to disturb the natural microflora of the mouth and nose

2 hours before taking the smear it is FORBIDDEN:

1. Drink any liquid
2. Eat food
3. Brush your teeth
4. Rinse your mouth
5. Chew gum
6. Use medicine for irrigation of the nose or mouth area
7. Use tablets or other chewing pills (lozenge)



**For teams that will arrive before the official arrival day**, additional testing will be carried out for accreditation (72 hours before the start of the competition). **An additional test during the competition** not required because PCR-test for departure will be organized 3 days after the official arrival day.

Members will be available at any time "rapid antigen" tests (The cost of the test is 20 euros).

Before departure, on the territory of the hotel a testing will be organized using the PCR method (nose/throat swab). Test results will be provided to the participants by email within max. 36 hours after taking the test. Before taking the tests, all participants sign a document stating that the results can be disclosed to the organizers of the event. The cost of the PCR test is 70 euros, the test results will be provided in English, the results are ready in up to max. 36 hours.

Additional tests can be organized for participants **(if it is necessary to organize testing of a special format, need to make a request to LOC for this in at least 2 weeks before taken the test).**

## HOTEL

**Team captain or team representative can check-in for the entire team while other athletes are waiting in front of the hotel or in the cars.**

After arriving at the hotel, **participants' temperature will be measured**, the following days the temperature of the participants will be measured **twice a day**.

In the hotel, as in other public places, it is recommended to use PPE (masks, gloves). **Participants will be provided with class FFP-2 masks without an valve in the amount of 2 pieces for each official for every day of the competition.**

**In addition, an additional supply of usual masks will be placed throughout the hotel.**

**All hotel staff will be tested for Covid-19 and will work in accordance with the requirements of the National Health Organization.** Recirculators for air disinfection and hand sanitizers will be located on the hotel premises, **contact personnel will use FFP-2 masks without a valve.** Seating in food areas will be organized with social distance of 1.5 m, partitions will be installed.

The hotel will observe the principles of separation of flows with the allocation of separate zones and flights of stairs for participants of the FIS Nordic Combined Continental Cup, where access of other residents will be limited. **Rooms will be disinfected daily, as well as additionally decontaminated. Representatives of teams from different countries will not be able to accommodate in the same room. Cleaning will take place when there is no one in the room.**

Seating in food areas will be organized with social distance of 1.5 m, partitions will be installed. During the participants' meals access to this dining room for other hotel guests will be prohibited.



## ON THE COMPETITION'S VENUE

Recirculators for air disinfection and hand sanitizers will be installed in all public places at the facility, as well as markings for keeping the social distance of at least 1.5 meters.

LOC provides clean wax / changing rooms that will be disinfected regularly. **All public areas (Including exit in the out-run area) will contain a supply of usual masks.**

**Only packed food and water is allowed at food points on the competition venue.**

**A FFP-2 mask without a valve must be used permanently in public areas.** It is especially important to comply with this requirement in a situation where it is impossible to observe a distance of 1.5 m (waiting room at the start, equipment control room).

**Personnel in contact with participants will also use a FFP-2 mask without a valve.**

**After the jump, athletes will be provided normal medical mask for temporary use. After the athletes leave the finish area, they will have to replace the normal medical mask with a mask FFP-2 without a valve.**

**An isolated ward with a restricted access will be located at the competition venue** – any person will be immediately isolated in case of any signs of Covid-19 or other infection

The parking for shuttle buses will be located on the territory of the competition venue – as close as possible to changing rooms and wax-cabins. A separate path will be available for teams and FIS officials. This path will not be available for other visiting groups.

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



## TCM

TCM will be held in the conference hall of the «Aist» Hotel with one member from each team, keeping the social distance in the hall and using a FFP-2 mask without a valve. Info for teams will be also provided in pdf-format via e-mail. An online TCM stream will also be organized for those who will not be present in person.

## MIX ZONE

TV / Radio / Press must keep the social distance and wear a FFP-2 mask without a valve, they must be tested negatively for Covid-19 no later than 72 hours before the event or work on the site.

## STAFF AND VOLUNTEERS

The number of LOC staff / volunteers will be adjusted according to needs. **They will follow good hygiene practices, including the use of FFP-2 masks without a valve and regular hand sanitizing. Also, they will test negatively for Covid-19 no later than 72 hours before the event or work on-site.**

About 80% of the staff and volunteers were vaccinated or previously infected C-19.

Everyday staff and volunteers will undergo medical control and thermometry.

## SPECTATORS' AREA

Only athletes and trainers of children's sports schools with QR code on vaccination or previously infection will be invited as spectators (about 100 spectators per day). Before entering a sports venue, the spectator will be measured temperature and in case of a high value he will not be allowed. Their movement around the sports facility will be carried out according to a separate schedule, accompanied by an appointed volunteer. This approach will prevent mixing participants with spectators.

**The conditions for the presence of spectators can be changed due to the epidemiological situation in the Sverdlovsk region.**

## ACTIONS UPON COVID-19 CASES DETECTION

Room for a separate stay will be prepared at the hotel. If someone has any symptoms of illness or a positive test result for Covid-19 is obtained, that person will be immediately isolated from other event participants.

**Information about a positive test result will be received by the FIS Event Task Force which consists of one senior management representative from FIS, the LOC, the NSA, and the LOC Health Coordinator representing the national health authorities.**

The NSA can arrange a medical charter flight for participants with a positive PCR-result for COVID-19 and the nearest contact persons, while the LOC should assist in coordinating the boarding of the charter and the departure of the participants with the authorities of the receiving party, as well as the transportation of the participants from the place of stay to the charter.

To provide transportation to the airport, it is necessary to use a car that allows to maintain a social distance between passengers, while the driver must be at a safe distance and use a medical protective suit.

To organize walking from the hotel to the car, a separate staircase and exit will be designated, which allows not to mix with other guests of the hotel.

Before the participants leave their room, where they have been isolated, LOC must provide masks and gloves, as well as organize a contactless checking out process. Check-in for the charter should be made contactless, without visiting the airport.

**If the actions of the participant, who received a positive test result for COVID-19, or the one who had a close contact with them, do not meet the requirements of the National Health Organization of Russia (condition of mandatory observation for 14 days), the responsibility for possible consequences is assigned directly to these participants.**

Before the participants leave their room, where they have been isolated, LOC must provide masks and gloves, as well as organize a contactless checking out process. Check-in for the charter should be made contactless, without visiting the airport.

**If the actions of the participant, who received a positive test result for COVID-19, or the one who had a close contact with them, do not meet the requirements of the National Health Organization of Russia (condition of mandatory observation for 14 days), the responsibility for possible consequences is assigned directly to these participants.**

If an infected person does not leave Russia, a medical examination will be organized by a specialized doctor, according to the results of which the chief doctor of the competition will decide to conduct a second test. After that, the chief doctor of the competition will send the participant to the medical center in a specialized medical transport. This participant will quarantine for until receiving a negative PCR-test (about 10-14 days). The supervising doctor will determine the hospital and further stages of his treatment (this will depend on the case).

At the end of the quarantine, the LOC will help the participant to choose a ticket to return to the place of residence or to the next event. Persons who had close contact should be isolated for 14 days.

Communication and interaction with participants will be supported by the LOC C-19 coordinator (Kseniya Zubareva, +7-982-49-222-92)

**Please include C-19 treatment in your insurance.**

## **PERSONS WITH A PREVIOUSLY DIAGNOSED C-19 INFECTION AND VACCINATED PERSONS**

Evidence of previous infection: medical certificate (on the medical organization form, with test results) confirming the infection suffered earlier (if person was infected COVID-19 between 6 months and two weeks prior to the event) must be upload to the FIS COVID-19 Passport.

**PLEASE NOTE:** previously infected or vaccinated persons must also present a negative PCR test for border crossing and access to the competition venue and hotel.

## FINANCING OF SPORTING DELEGATIONS

1. PCR testing services before departure from Russia (70 euros per person) and rapid-antigen testing (20 euros per person).
2. Accommodation and treatment during isolation/observation (if a positive COVID-19 test is detected) for participants and contact persons.



**Looking forward to seeing you,  
LOC Nizhny Tagil**