

# HEALTH PROTOCOL AND HYGIENE

- Wearing the mouth and nose protector (face mask) is obligatory on the entire event side, in the rest rooms, using all type of transfers, cars, buses, chair lifts, in the common areas of the hotel with the exception for the mealtimes and for the training/competition.
- Staying in a city please follow the rules of the social distancing (1,5 meters), do not use the public transport and try to avoid the shopping centers visiting.
- Regular hand hygiene with skin antiseptics is necessary.
- ➤ All the participants, judges, organizers and other persons at the entrance to the Venue as well as accommodation area, will undergo the thermometry procedure by noncontact means.
- Viewer access based on a valid QR code or QR code about the previous COVID-19 disease.





### **TESTING PROTOCOL**

To board on the plane to Russia all the foreign citizens are obliged to provide a printed medical document (in English or Russian) confirming the negative PCR test result for COVID-19 witch was made not later than 48 hours prior their arrival in Russia.

The results must appear in one's FIS passport 12 hours before the accreditation retrieval area opens for the race sanitary bubble so that the COVID-19 medical coordinator can review them. Fill out the FIS questionnaire. To process your FIS passport: https://fispassport.fis-ski.com/fis/

The previously infected person is allowed to join the competition after 14 days quarantine completed. They needed to upload a new PCR test (not older than 48h) to the FIS passport.

## HEALTH QUESTIONNAIRE EXAMPLE



#### Annex 1 - Health Questionnaire Example

#### Pre-event Health Questionnaire

	NO	YES
Have you had any cold symptoms (cough, runny nose, sore throat, difficult breathing) 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		
- Loss of taste or smell		
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 (excluding quarantine based on travel regulation/boarder crossing)?		
Have you tested positive to the PCR (Polymerase chain reaction) test during the last 14 days?		

#### **Daily Health Questionnaire (optional)**

	NO	YES
Do you have a fever of 38.0 degree Celsius or higher?		
Are you coughing more than usual, especially dry cough?		
Do you have shortness of breath?		
Do you have loss of teste and/or smell, stuffy nose, unusual aches, abnormal fatigue, unusual headache, or nausea/vomiting and diarrhea?		
Have you tested positive to the PCR (Polymerase chain reaction) test during the last 14 days?		





### **TESTING PROTOCOL**

Important! It is not allowed to provide a test result of the absence of COVID-19 with a serological blood test for antibodies.

Please note, that the document must be printed out. (in English or Russian)

SMS or any other forms on a mobile device will not be accepted on the border.

All foreign citizens are obliged to pass a PCR-test every 2 days during their stay.

The cost of PCR-test – 2010 rub./28 CHF.

PCR-testing will be available in official hotels.

### ACTION PROTOCOL IN CASE OF COVID RELATED SYMPTOMS

All the participants, judges, Media, FIS representatives and other officials will undergo the thermometry procedure by non contacts means.

In there is person running high temperature (norm fever till 37.1 -37.2) information about this case will be passed over to the LOC COVID coordinator, the person will undergo the thermometry for the second time either at the venue medical room or by the Competition doctor.

If the second thermometry will show the high temperature, the person is advised to take a control PCR test at his own expense at recommended laboratory in Krasnoyarsk.

If the control test shows a positive COVID-19 result, the person will be isolated in a separate room in the hotel and emergency team will be called to take the person to the Clinic. The extra expenses for the lodging in case of isolation will be covered by the team representatives.



