

Race Organizer COVID-19 PREVENTION GUIDELINES Sigulda/Latvia

Version October 13, 2020

Within these guidelines you will find points that may be applied to any LBSF events taking place in Sigulda Bobsleigh and Luge track as long. Those guidelines will be published IBSF and LBSF web pages.

1. INTRODUCTION

All participating federations, including Athletes and Team Personnel, as well as all other institutions' staff accessing the respective venue (Race Organizers' staff, IBSF staff, TV broadcaster, Service Providers etc.) need to confirm with their signature to follow the measures and regulations of the COVID-19 prevention concept to be granted access to the competition and/or the venue.

Each participant in an IBSF/LBSF event must be aware of his responsibility and show respect for each other. Therefore, it is important to understand the principles of the IBSF/LBSF COVID-19

2. COMMUNICATION

Race Organizer will produce all persons involved with necessary information and steps to be followed when they come to Latvia.

The communication of the measures will be published and sent to all accredited participants (e.g. TV production, Data&Timing, Media services and other service providers).

During stay in Latvia it is recommended to use mobile application: apturi Covid Latvia (App store/Google Play).

All the necessary information regarding COVID 19 and travel to Latvia is available here:

<https://www.spkc.gov.lv/lv>

A list of countries which are subject to quarantine measures upon arrival is available here:

<https://www.spkc.gov.lv/lv/valstu-saslimstibas-raditaji-ar-covid-19-0> list is updated every Friday.

Epidemiological Safety Measures for the Containment of the Spread of COVID-19 Infection: <https://likumi.lv/ta/en/en/id/315304> Appendix (1)

3. BEFORE ARRIVAL:

Before arrival, **two** key steps are **mandatory for everyone**.

One: you need to have a Covid 19 PCR test negative result no older than three days (72h) before arrival in the country (note that arrival day counts as Day 3). Have the Printed copy of negative COVID19 test confirmation always **with you**. **Two:** Every accreditate attendant has to mandatorily fill in electronic Preliminary Self Declaration <https://covidpass.lv/en/> (Example- Appendix 3)

The information inserted has to be accurate. Please list all countries you have been visiting, staying in or even transited through (i.e. via a flight or a road trip). This declaration is engaging every single declarant's responsibility and **must** be filled not earlier than 48h before the arrival.

- 3.1. The athletes, team delegation members, team staff, IBSF staff, Data&Timing, TV broadcaster
- ✓ All the above mentioned groups must to carefully study the Practical Information documents regard to travel restrictions or other requirements set by the local Authorities. (See files attached)
 - ✓ Provide full and clear information about their travel schedule through the respective form (covidpass.lv)
 - ✓ For athletes, team delegation members, team staff, IBSF staff, Data&Timing, TV broadcaster: **Non accredited persons will not be allowed any interaction with athletes or any other person at the track/venue.**
 - ✓ **Cancel travelling** in case the person shows any of the following symptoms:
 - Dry cough
 - Tiredness
 - Fever
 - High body temperature (more than 37,5)
 - ✓ Other symptoms include: Aches and pains, Nasal congestion, Runny nose, Sore throat, Loss of smell, Diarrhoea, General discomfort
 - ✓ Ensure that all the accredited persons are following all the all hygiene precaution measures prior/during travel (wearing face masks, regular hand washing, social distancing)

4. OFFICIAL TRAINING/RACE

4.1. Local Hygiene Officer

- ✓ Monitor and support the implementation of all agreed and applied hygiene measures

4.2. The Race Organizer

- ✓ Ensure that personal protection equipment is handed to all local organising staff and service providers entering the venue
- ✓ Ensure the presence of all necessary personnel for the access monitoring at the venue and especially the athletes areas
- ✓ Ensure that a secured and protected area is available in the stands for athletes, delegation members and team staff to watch the race separated from spectators

4.3. The media/data&taining

- ✓ Local Media Officer closely monitor the media operations and the implementation of the approved
- ✓ TV broadcaster involved crew need to be aware of all the Hygiene measures in place and use Personal protection equipment throughout their entire stay at the venue.
- ✓ In the Mixed Zone, the media representatives must keep a distance 2m from the athletes at all the time
- ✓ The Official photographer is only allowed with a mask in the accreditate area and shall respect all the social distancing
- ✓ The media representatives must go through the same health screening process as the rest of the accredited groups (see 5. And 6.)
- ✓ Therefore the number of accredited media representatives will be limited by the available working space in the Media Center
- ✓ Cameramen and staff inside the track need to stay at their workstation avoiding unnecessary discussion or movement, using their Personal protection equipment throughout their presence there and always respect social distancing rule
- ✓ Cameramen and staff positions on the stand shall be clearly marked from the general public and a distance of 2 m should be respected

4.4. The athletes, team delegation members, team staff

- ✓ Ensure that they use personal protection equipment for all local transportation (in cars) social distance 2m
- ✓ Ensure that they use personal protection equipment while in venue if social distancing rules cannot be applied
- ✓ Avoid gathering and crowding and stay within the areas of the Hotel and Venue following social distancing principles
- ✓ Disinfect hands and personal equipment when entering the venue, before and after each race/training

- ✓ Disinfect hands and personal equipment when entering the venue, before and after each training and strongly recommended to not share personal equipment

5. RISK ASSESSMENT AND MITIGATION

5.1. Individual responsibility

5.1.1. General recommendations

The Latvian Bobsleigh and Skeleton Federation together with International Bobsleigh and Skeleton Federation have issued recommendations in accordance with the measures of e.g. the WHO and National SPKC to reduce the general risk of transmission from acute respiratory infections listed below:

- Participants should aim to keep at least two meters distance from other people, particularly those who feel unwell and have a cough or sneeze or may have a fever
- Frequent hand washing by participants using soap and hot water or alcohol-based (at least 65–70%) hand rub for 20 seconds
- People with symptoms of acute respiratory infection should practice cough etiquette (maintain distance of at least one meter, cover coughs and sneezes with disposable tissues or clothing, and wash their hands)
- Avoid shaking hands or hugging
- Avoid steam rooms or sauna
- Avoid touching their own mouth, nose or eyes
- Anyone who feels unwell (i.e. fever, cough) should stay at home and keep away from team members, other teams or crowds until symptoms resolve. Stay away from the event when ill!
- In case of symptoms suggestive of acute respiratory illness before, during or after travel, the athletes are encouraged to seek medical attention and share travel history with their National Team Hygiene Officer

5.1.2. Wearing a mask

- The use of masks/mouth-nose face covering by volunteers, officials and other accredited clients that are in contact with athletes (e.g. registration, transport, start area, finish area) is mandatory. The use of rubber/disposable gloves by volunteers, officials and other accredited clients that are in contact with athletes (e.g. registration, transport, start area, finish area) is strongly recommended.
- Athletes are advised to wear masks/mouth-nose face covering.
- Please be reminded when wearing rubber/disposable gloves and masks/mouth-nose face covering, you still need to disinfect.
- The Race Organizer is only responsible for providing masks/mouth-nose face covering and rubber/disposable gloves to its volunteers and staff along with a contingency amount for medical needs. All other accredited clients must bring their own equipment.

5.2. Hygiene Officer(s)

5.2.1. IBSF Hygiene Officer

The IBSF will install an IBSF Hygiene Officer at every event that is responsible for the implementation of the IBSF COVID-19 prevention concept. The contact details of the IBSF Hygiene Officer will be communicated to all relevant parties in advance.

5.2.2. Local Hygiene Officer

Local Hygiene Officer for event is responsible for the implementation of the IBSF COVID-19 prevention guidelines as well as the local COVID-19 concept and acts as contact to IBSF and the local health authorities.

5.2.3. National Team Hygiene Officer

Every national federation needs to name one of his staff as National Team Hygiene Officer for the event series. The National Hygiene Officer responsibilities is according IBSF Hygiene guidelines.

5.3. Testing

The Race Organizer will produce all parties involved with necessary information, documentation and testing times/place before and during the event.

5.3.1. Before the event (Pre-Testing)

Before entering the event (Sigulda/Latvia) he/she must present a negative COVID-19 test result which is no older than 72 hrs and send it to the **Local Hygiene officer** e-mail: medofficesigulda@gmail.com **BEFORE** coming to Latvia.

REPORTING OF A POSITIVE CASE BEFORE THE EVENT

If any person of the Team is tested positive on COVID-19 at the Pre-Test, the National Team Hygiene Officer must inform the Local Hygiene Officer and **CAN'T** travel to Latvia.

5.3.2. During the event (Event-Testing)

On the first day of the competition week –All athletes, Team Delegates/Team staff ,IBSF staff and TV broadcasters, Data &Timing will get tested by National/private medical team on-site. The result of this tests will be available before the 1st training session of each sports.

With the test showing negative result will be able to and have access to the venue.

All locally-based event staff and Race Organizers' staff also will be tested.

REPORTING OF A POSITIVE CASE DURING THE EVENT

If any person is tested positive on COVID-19 at the Event-Test, the local Hygiene Officer will inform the IBSF Hygiene Officer and respective National Team Hygiene Officer as well as the infected person to identified contact person/s of the respective institution and/or the patient herself/himself. The local Hygiene Officer together with Local authorities deal with National Team Hygiene officer about safe place to isolate the patient. All costs about infected person/s must be covered by each National Federation.

5.3.3. Daily Health Screening

In addition to the Pre- and Event-Testing there will be a daily health screening for all participants (temperature check).

- Athletes and Team Personnel

The temperature check must be performed daily by the National Hygiene Officer and properly documented. Any participant with a temperature higher than 37,5 ° is not allowed to enter the venue or participate.

The daily documentation must be signed by the National Hygiene Officer, presented and handed over at the security check of the venue before entering ideally car by car. The names of all persons in one car/truck must be listed as well as the referring temperature.

- Others

The daily health screening of all other participants (IBSF, Race Organizers' Staff, Service Providers, Data&Timing) must also be performed by one designated Hygiene Officer of each

stakeholder group and properly documented. The daily documentation must be signed by the Hygiene Officer, presented and handed over at the security check. The names of all persons in one car/truck must be listed as well as the referring temperature.

REPORTING OF A POSITIVE CASE OF AN ELEVATED BODY TEMPERATURE

If any person shows a temperature higher than 37,5°C, it will be declined entering the venue and advised to get a medical check and isolate immediately from the rest of its group.

The Local Hygiene Officer will inform the IBSF to decide if any precautionary measures need to be taken.

EVENT-TESTING AT THE EVENT SITE

The day of the testing will be announced by the IBSF in coordination with the Race Organizer based on the detailed schedules. In any case the test must be conducted before the 1st official training starts.

5.3.4. Infrastructure

All participants will be informed ahead of time where and when the testing will take place.

5.3.5. Test quality

The tests will be conducted by an internationally certified laboratory and meet the international standards for identifying SARS-CoV-2 infections.

5.3.6. Costs for Testing

- Pre-Testing

The costs for the Pre-Testing must be borne by the respective National Federation.

The Pre-Testing costs for all other parties (IBSF, TV production, Service Providers, Race Organizer's staff) will be borne by the respective parties themselves.

- Event-Testing

The costs of the Event-Testing will be invoiced to the respective parties.

Athletes and Team personnel	→ IBSF
IBSF staff and officials	→ IBSF
TV production	→ Respective party
Service Providers	→ Each service provider
Race Organizers' Staff	→ Race Organizer

6. ACCREDITATION GUIDELINES

The IBSF will issue All-Season-Accreditation cards for ALL.
On-site accreditation for team members will not be possible.

For any case that accredited persons are not following the established prevention procedures in the IBSF and LBSF COVID-19 prevention concept/s, they will not be handed out any accreditation, their accreditation card will be removed, they will be asked to leave the venue and the Race Organizer may prohibit access for the future. For any athlete or team personnel the IBSF may even impose disqualification or a ban to participate in IBSF/LBSF event.

6.1. Spectators TBA

7. TRAVEL GUIDELINES

- 7.1. According IBSF Covid 19 Prevention guidelines Point 5

8. ORGANIZATIONAL PRECAUTIONS AT THE VENUE

8.1. General

According IBSF Covid 19 Prevention Guidelines point 6.1.

8.2. Schedule for training and competitions

IBSF together with the LBSF will adapt the training and competition schedule to minimize contact between the different teams and sports.

The event schedule will be published in due time before the event on the IBSF and LBSF websites.

8.3. Zoning

For a better planning process for all involved parties and to trace potential infections, Sigulda venue will be divided into five zones (see example below):

Zone 1 – Start area

Zone 2 – Track area

Zone 3 – VIP area

Zone 4 – Finish area



8.3.1. Changing rooms

Race Organizer will review the use of changing rooms. In general, 4 qm per athlete will be counted. The Race Organizer may only allow the next-up-to-the-start athlete (s) as well as the immediately following athlete(s) to use the dressing room. No team officials, spare athletes or similar will be allowed in the dressing rooms.

8.3.2. Start area

In the Start area a minimum distance between Athletes and Team Personnel of 2m is mandatory and the number of persons in the Start area is limited by the available space.

In general nose/mouth protection is mandatory. According IBSF Covid 19 Provention guidelines point 6.5.2.

8.3.3. Along the track

The general rules apply for all areas along the track. Wearing masks/mouth-nose face covering is strongly recommended.

8.3.4. Finish area

In the Finish area a minimum distance between Athletes and Team Personnel of 2m is mandatory and the number of persons in the Finish area is limited by the available space. According IBSF Covid 19 Provention guidelines point 6.5.4.

8.3.5. Functional areas (Race office, data/timing, announcer, other offices)

As in all other buildings and other indoor rooms, a minimum distance of 2m to other persons is mandatory.

In functional (indoor) areas where it is not possible to keep the minimum distance other precautionary measures must be applied.

9. ORGANIZATIONAL PROCEDURE AND HYGIENE PRECAUTIONS AT THE VENUE

- 9.1. All Procedures according IBSF Covid 19 Prevention Guidelines point 7

Appendix 1 – 4

- see attachments