



Flanders International Team Challenge

Women's Artistic Gymnastics

26-27/06

Ghent - Belgium



COVID-19 guidelines
Delegations

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1 CHECKLIST FOR DELEGATIONS

1.1 CONTACT LOC

- Leen Foré
leenfore@gymfed.be
+32 9 243 12 05

- Els Coppieters
elscoppieters@gymfed.be
+32 9 243 12 15

1.2 COVID TESTS

- **PCR test within 3 days (72h) before arrival**
 - All delegation members must obtain their own PCR test within 3 days (72 hours) of their arrival for the event.
 - A negative official PCR test report in English showing participant name, date and time, type and results of testing must be provided for all delegation members at accreditation at the latest.
 - To speed up the accreditation process, please send all test results by email prior to your arrival to info@gymfed.be

- **COVID quick test before accreditation**
 - Before accreditation, a mandatory COVID quick test will be done on site. This will be at the charge of the participating National Federation. The test will cost € 20 per person, we will send you the invoice in advance.

- **If needed, PCR test for travel back home upon request**
 - Necessary PCR tests for the return trip will be arranged upon request of the delegations, in case the **request** has been done **before the 15th of June**. The test will cost € 70 per person, we will send you the invoice in advance.
 - **Application test:**
 - Send your request to leenfore@gymfed.be – **deadline 15.06.2021**
 - Necessary information:
 - Number of PCR tests
 - Date and +/- hour the test has to be done (not possible on Sundays): the test results are available by e-mail within 24 hours

1.3 INTERNATIONAL TRANSPORT

- It is the responsibility of the NF to verify the up-to-date travel information before departure to Belgium
- **Click here** for the update information

1.4 REGISTRATION

- **Only** delegation members who have been **registered in advance** will have **access** to the venue.

1.5 FFP2 MASKS

- The use of **FFP2 masks** in the venue is mandatory for all the delegation members. It is the responsibility of the delegations to bring sufficient number of FFP2 masks. Bandanas, neck gaiters or masks with valves are not approved face coverings.

1.6 OWN BOX FOR CHALK

- We ask the delegations to their **own box for chalk**.
- The LOC will provide chalk blocks for the delegations that should not be shared among athletes of another bubble.

2 GENERAL PRINCIPLES

- Any accredited person who feels ill does not enter the venue and must inform the responsible LOC for COVID-19 by phone via the number provided above or on the accreditation card.
- All delegation members are responsible for their own health- and travel- related risks and shall also follow the recommendations of their own country on this matter.
- If any accredited person does not follow the COVID-19 prevention procedures, the accreditation card will be removed and the person must leave the venue.
- All delegation members have to follow the basic prevention rules
 - Wash your hands regularly with soap and water for at least 30 seconds
 - Avoid touching your eyes, nose or mouth with your hands
 - Respect physical distancing
 - It is highly recommended to stay only within the controlled event-bubble (venue, hotel, official transport) at all times. The use of public transport and taxis is not allowed.
 - Isolate yourself if you have symptoms of Covid-19
- Delegation members will not take part in the event if they have any signs or symptoms of COVID-19 or have been in close contact, within 10 days of the event (7 days with a negative

test on or after the 5th day from exposure), with someone who is known or suspected of having COVID-19 diseases.

- Signs and symptoms of COVID-19 include:
 - Fever
 - Cough
 - Shortness of breath
 - Fatigue
 - Muscle, body aches outside the scope of training
 - Congestion, runny nose
 - Loss of taste or smell
 - Headache
 - Diarrhea
 - Sore throat
 - Nausea, vomiting
- All the occurring costs related to Covid-19 are at the responsibility of the concerning national federation:
 - All quick tests (€ 20 per person) or PCR tests (€ 70 per person)
 - Extra accommodation/meals/transfer/medical cost in case someone is sent to quarantine (either due to a positive Covid-19 test or due to a close contact with a positive person).

2.1 MONITORING HEALTH AND TESTING

- Up to 10 days before arrival
 - All delegation members will complete daily temperature and health monitoring for 10 days leading up to the event.
- Within 3 days of arrival (72 hours)
 - See page 2 (Checklist for delegations)
- At arrival
 - See page 2 (Checklist for delegations)
- During your stay
 - Daily measurement of the temperature on site. If the temperature exceeds 37,5° the COVID-event doctor will evaluate the situation.
 - Daily health monitoring of any signs or symptoms of COVID-19
- For 10 days following the event
 - Daily health monitoring for 10 days following the event.
- PCR test for travel back home
 - See page 2 (Checklist for delegations)

2.2 ARRANGEMENTS FOR SUSPECTED AND ACTUAL COVID-19 CASES

- If anyone develops any signs or symptoms of COVID-19, they should
 - NOT attend training or competition sessions
 - isolate in their room and contact the Event COVID-19 responsible immediately.
- Further clinical evaluation and analysis will be made in collaboration with event doctor regarding suspicion for COVID-19 illness and the continued need for isolation.

2.2.1 COVID-19 IS SUSPECTED DURING THE EVENT

- The delegation member with symptoms will be quarantined directly in the hotel room.
- A quick test will be taken, if the result is positive the person must do a PCR test.

2.2.2 POSITIVE COVID-19 TEST DURING THE EVENT

- The person who tested positive will be placed in quarantine
 - Isolation for a person tested positive ends after 10 days, proved the person has not shown any major symptoms during the last 48 hours before.
- Contact tracing is started to track anyone who may have been in close contact with the person. The LOC handles the contact tracing for the period on site. The delegation is responsible to ensure contact tracing for the travel period.
 - Persons who have had close contact (without mask for longer than 15 minutes at a distance of less than 1,5m) will be placed in quarantine and will not attend training, competition, meals or other event activities. The quarantine length is 10 days, but it can be shortened after 7 days within a negative PCR test result.
 - All other members of the country's delegation must be isolated in the hotel and be observed for symptoms related to Covid-19. The delegation will be tested with quick tests. If the test results are negative and the persons are showing no symptoms they are released from quarantine.
 - If 2 persons in one delegation have positive test results, the situation will be evaluated and local medical authorities take the decision about the participation of the remaining delegation in the event.
 - If 3 or more persons in one delegation have positive test results, the whole delegation has to withdraw from the event.

2.2.3 POSITIVE COVID-19 TEST AFTER THE EVENT

- Any accredited person who tests positive for a COVID-19 infection within 14 days after leaving the host country is responsible to contact the LOC and European Gymnastics. The LOC will have to conduct contact tracing with all persons who have been in contact with them and request them to stay home for 14 days while observing for symptoms.

2.3 SOCIAL DISTANCE

- All delegation members practice **social distancing at all times** for the duration of the event, including meals, at the hotel, during transportation and at the competition and training site (except while performing gymnastics).
- Participants from different bubbles must not intermix during times outside of the event venue.
- All participants must avoid any type of public interactions such as going to a restaurant, grocery store, bar, using public transportation, ...

2.4 HYGIENE

- The use of **FFP2 masks** in the venue is mandatory for all the delegation members. It is the responsibility of the delegations to bring sufficient number of FFP2 masks. Bandanas, neck gaiters or masks with valves are not approved face coverings.
 - During competition and training sessions, athletes must wear FFP2 masks at all times when they are not competing or train.
 - During all competition and training sessions, coaches must wear FFP2 masks at all times, and maintain social distance when not spotting.
 - Judges must wear FFP2 masks at all times and maintain social distance.
- Athletes must not spit on hands, grips or any other objects and surfaces
- Sharing of equipment, especially water bottles, is prohibited.
- The LOC provides chalk blocks for the delegations, this can't be shared among athletes of another bubble.
- We ask the delegations to their own box for chalk.
- Participants will avoid sharing equipment, towels, clothing, grooming/hygiene products, water bottles, ...
- All participants receive one hand sanitizer.
- Appropriate equipment will be cleaned before and after each training and competition session at all venues.
- All equipment, at all venues, will be cleaned at the completion of each day.
- Restrooms and other high touch surfaces will be cleaned regularly throughout the sessions per venue.

2.5 VENTILATION

- The building ventilation is managed in accordance with the recommendations and we will check the CO2 on a regular basis.

2.6 TRANSPORT

- International transport
 - See page 2 (Checklist for delegations)
- Local transport
 - Airport transfer
 - There will be no mix of different delegations during airport transfers.
 - Wearing an FFP2 mask by the delegations is mandatory
 - Transport during the event
 - Delegations who stay in the Sporthotel = by foot (next to the competition arena)
 - Delegations who stay in the Holiday Inn
 - You will have your own driver and minibus at your own your demand
 - Wearing an FFP2 mask by the delegations is mandatory

2.7 CATERING

- Breakfast will be served in the hotel, lunch and dinner in the Sporthotel (next to the competition venue)
- Tables for 4 persons will be set up in the catering area
- There will be a time zone for every delegation for lunch and dinner so the maximum capacity is not exceeded.
- Warm and cold meals will be served, we will ask you to choose in advance which type of meal you want.
- Sufficient water will be available in small bottles, please be aware to drop it in the right garbage collector.
- Everyone cleans their own table

2.8 VOLUNTEERS

- Our staff and volunteers will be tested and wearing surgical masks
- The interaction between volunteers and delegation members will be limited as much as possible.

2.9 SPECTATOR AREA & DELEGATION SEATING

- Due to restrictions caused by the COVID-19 pandemic there will be no ticket sale and side events. There will be a limited of invited persons.
- There will be **live stream**
- **Delegation members** can take place on the **reserved places in the** tribune (delegation seating) but a **distance of min 1,5m is mandatory.**