

# World Ski Orienteering Championships 2021

## COVID-19 BULLETIN

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The information contained herein is true at the time of publishing. Any changes and updates will be shared through the official channels.

### Covid-19 contact person

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### General conditions related to Covid-19

Our aim is to reduce the number of people and contacts to minimize the risk of infection among participants and organizer.

- To idea is to create and maintain a safe so-called competition isolation “Bubble”, with teams, organisers, officials and media representatives who have all tested negative for Covid-19. This means that once in the bubble, external contacts, as well as contacts between groups within the bubble, shall be limited or eliminated where possible.
- This means that you can do only competition-related activities and all out-of-competition contacts are not allowed. It is not allowed for any participating team member to leave the competition area or accommodation unless absolutely unavoidable.
- All organizers, officials and media are being tested no later than 72h before arrival at the competitions. Entry to the event and competition arenas without a negative test result is not allowed.
- Everyone has to wear a mask and follow social distancing rules. Masks shall be worn at all times, with only the following exceptions:
  - when in your own room
  - when eating (note: masks should be worn when collecting food and when at the table but not actually eating)
  - during actual training and competition activity (masks shall be worn directly prior to and after such activity)
- Consider the need to potentially pay for all testing, isolation/quarantine and medical treatment when taking out travel insurance. This should ensure the costs of a possible quarantine situation if necessary (10 - day supplement on average stay in Estonia), potential medical evacuation home for COVID-19 as a patient, or in the worst case, the high costs of hospital treatment in Estonia.
- All organizers are instructed in these rules and will observe that they are followed. We hope for your understanding and responsible behaviour (fair play).
- Accreditation will be stopped if the rules are not followed.

### Event entry conditions (if at all affected by Covid-19)

Teams shall not enter participants that are unable to prove that they do not carry transmittable infection from Covid-19

## Obligations prior to the event

All participants and organizers are urged to limit unnecessary contacts (including events, training camps, contacts, studies or work) from 10 days before the start of competition at the event (i.e. from February 14, 2021).

All competitors and support staff must take the COVID-19 test by PCR no later than 72 hours prior to leaving their country and upon receipt of testing results forward electronically to the organizers the written certificate proving a negative result.

The certificate must be in Latin or Slavic alphabet, in Estonian, Russian, English or Finnish, the personal data of the person tested (name and date of birth), testing method, test result, location and time of the test and the data of the person or laboratory who performed the test. A certified printout from a database of another country is also accepted as a certificate.

- The certificate with test result has to be presented to the organizers before entering Estonia.
- The certificate has to be sent to following e-mail [wsoc2021.covid72h@peko.ee](mailto:wsoc2021.covid72h@peko.ee)
- Participants whose test result is positive and refer to recent recovery from COVID-19, have to present a signed doctor's certificate proving previous infection and certified copies of previous positive PCR test results to the organizers, before travelling to Estonia. A decision will be made by the organizers in cooperation with the Estonian Health Board whether participation in the competition will be allowed.
- On arrival, the official Estonian COVID-19 tracing app "HOIA" should be downloaded and activated in participants smart phones. More information about the app at <https://www.hoia.me/en/>

## Entry to the country

The participating teams are asked to share their arrival details – date and time, point of entry (for example Port of Tallinn, Tallinn Airport, Narva Airport or by car via land border crossings) – with the organizers to advice testing centres to plan their workload.

It is important that the list of participants with arrival place, date and time is sent to the organizers as soon as possible, but not later than 14.02.

If travel and arrival details have been provided to the organisers, they will be informing border control stations and Estonian Health Board in advance.

## Test procedure for getting accreditation.

Upon arrival in Estonia, all competitors and support staff must perform a COVID-19 test using the PCR method within 24 hours of arrival and meet the requirements for self-isolation until the test result arrives (with the help and coordination of the competition organizer).

- All competitors and other team members must take required COVID-19 tests at predetermined places of which the organizers will provide.
  - Those who arrive via Port of Tallinn or Port of Paldiski will be tested at the Port of Tallinn.
  - Those who arrive via Tallinn Airport will be tested at the airport.
  - Those who arrive via Narva will be tested in Narva border.
  - Others crossing the Estonian border elsewhere will be tested at the Event Office in Kääriku.

- Organisers will inform exact testing place and time latest 24 h before entering Estonia.
- A valid passport or ID card (official travel document) is required at all testing sites.
- The price of the COVID-19 test is currently approximately 55 EUR, the cost of the test(s) shall be paid by the competitors themselves.
- The payment of the COVID-19 tests will be made in the Event Office. Payment method in Event Office is cash (EUR) or credit card.
- After border crossing it is required to head directly to the testing facilities and thereafter accommodations, avoiding all unnecessary contacts (including shops, grocery stores and restaurants on the way). Essential procedures have to be carried out wearing a mask and in compliance with social distancing rules.

Until receiving the test result, it is required to self-isolate (at the accommodation). It is allowed to go outside, but social distancing rules must be followed, always wearing a mask and avoiding all close contacts. Pre-ordered meals will be brought directly to the accommodation's rooms by the Team leader at the agreed time.

Persons arriving in Estonia more than 72 hours prior to the event shall have to take one more test before the start of the event.

Competitors from Estonia, organizers and volunteers shall also undergo testing 48-24h hours prior to accreditation.

## Accreditation

Upon receipt of a negative test result, the participant will receive accreditation and may start with competition related activities (trainings, model event etc.).

- Test results will be available 24h after the test has taken.
- Organizers will have to be able to check the official test results of the participants. Therefore, a written permission from the participants will be required for the organizers to have access to the individual test results. Consent form will be sent by e-mail to federations.

Team leaders are asked to turn to the competition office for accreditation for the team members, there will be no individual accreditation by the athletes. Accreditation will be carried out by appointment only to avoid crowding in the Event Office. Please respect scheduled times.

## If the arrival test result is positive

**Persons whose test result is positive will not be allowed to participate in the competitions. The person showing a positive test result will be isolated immediately.**

- Full medical assistance and support is given to all participating team members in case of a positive coronavirus test.
- The organizers have a separate quarantine hotel ready with required isolation, hygiene and catering capabilities.
- The organizers guarantee medical assistance, testing and safe transport from the persons' location to the quarantine hotel.

Any roommate of a person showing a positive test result, and potentially the entire team of the person, will also be isolated. The Estonian Health Board and the organiser will make a decision if additional testing is required and if participation is allowed for those affected.

## Responsibility to report illness

### Behaviour when feeling sick during the competitions

- If a participating member develops Covid-19 symptoms (fever > 37.5 C, coughing, sore throat, shortness of breath, running nose, stuffy nose, loss of taste or smell, stomach problems), then
  - The person will put on a mask and isolate him-/herself from the others. When notifying Team leaders or other Team Athletes, this shall be done by phone, avoiding in-person contacts.
  - Calls the competition's medical representative Kaarel Lehtoja tel. +372 5330 9330 (available during the competition 24/7 from 22.02-28.02.2021) and follows instructions given. When needed, an ambulance visit will be arranged.
- Full medical assistance and support is given to all participating team members.
- The organizers have a separate quarantine hotel ready with required isolation, hygiene and catering capabilities.
- The organizers guarantee medical assistance, testing and safe transport from the persons' location to the quarantine hotel.
- The Estonian Health Board and the organiser will make a decision about if additional team members must also be isolated, if additional testing is required and if participation will be allowed for those affected.
- Consider payment for medical treatment when taking out travel insurance which would also cover the costs of a possible quarantine situation (10 - day supplement on average stay in Estonia), if necessary, and the possible high costs of hospital treatment.

## Event office

Mare Parve, Secretary email: [wsoc2021.secretary@peko.ee](mailto:wsoc2021.secretary@peko.ee) tel.: +372 5159915

In-persons visits to the Event Office should be avoided if possible. If there is a need to visit the Event Office please call in advance to set up a time. Respect scheduled times.

## Team official's meetings

Team Officials meetings will be held indoors in accordance with the schedule in competition Bulletin 4. Please submit questions in advance of the meeting as far as possible.

- Limit attendance to 1 Team Official per team
- Arrive shortly prior to the meeting
- Observe social distancing, spread out in the meeting room
- Mask shall be worn at all times
- Leave immediately following the meeting

## Accommodation

Teams are spread out in several accommodations. The same “bubble” rules apply to all whether teams are using accommodations booked via the organisers, or own-booked accommodations. This “virtual bubble” is dependent upon a high degree of personal responsibility.

- To maintain the safe so-called competition isolation “bubble” means that you can do only competition-related activities and all out-of-competition contacts should be avoided. It is not allowed for any participating team member to leave the competition area or accommodation unless unavoidable.
- Generally, it is not allowed for the athletes to go grocery shopping and go the pharmacy, exception is made for team leaders who may go to the grocery stores and pharmacies on behalf of the whole team. Limit the number of Team Leaders who need to move outside the bubble and think about contacts within the own team.
- In addition to the food service at the accommodations, organizers will arrange for a cafeteria at the competition arena. Avoid crowding also here.
- It is mandatory to wear a mask in all indoor public places in Estonia (incl. shops).
- In the canteen and meeting rooms we follow safe distancing guidelines and limit the occupancy of all rooms up to 50% of the maximum capacity.
- In the accommodation’s canteen, meals will be arranged in special groups. Please respect the meal schedule to avoid crowding.

## Transports

Transport to and from the Event and to the competitions are the responsibility of the Teams. Plan transports to avoid long waiting periods in the Start and Finish and competition arenas.

Transport of athlete bags/equipment from the start to the finish will be arranged by the organiser in a safe way to reduce the risk of Covid-19 spreading. Transportation volunteers will wear masks and gloves when loading/off-loading bags. Please avoid crowding at drop-off locations.

## Arena

For arena layout see the competition Bulletin 4.

Access in the arena will be strictly determined by accreditation.

- Remain in accredited areas and avoid contacts with other areas.

## Warm up and start procedure

Masks shall be worn in the Start area while not warming up or starting.

Sanitizer will be available in the start area.

## During the race

Water/drink stations are organised to minimize potential virus transmission.

Disposable cups will be used.

## Finish

Masks shall be worn as soon as possible after finishing, and prior to meeting media representatives, officials and other teammates.

Sanitizer and masks will be available in the Finish Area.

## Mixed zone

Media contacts will be organised to be social distanced, i.e. separation of at least 2 meters.

## Ceremonies

Prize giving ceremonies, medal ceremonies, competition opening and closing ceremonies will take place in open air conditions.

- Masks shall be worn at all times
- Please pay attention to social distancing

## Additional Information - Departure Testing

As many countries require a receipt of negative COVID-19 test before entering, the organizers will be able to arrange testing at the competition arena before the end of competitions. The test result would be available on the following morning. A certificate of the test result will be provided. Testing will be arranged if there is sufficient interest from the participating teams.

- Those who want to test and get certificate before leaving Estonia, please let us know by e-mail [wsoc2021.secretary@peko.ee](mailto:wsoc2021.secretary@peko.ee) by 14.01.