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# **European Gymnastics Guidelines for the return to events with the Covid-19 pandemic**



**7<sup>th</sup> Golden Age Gym Festival  
Oct. 3 – 10<sup>th</sup> 2021**

**Rethymno / Greece**

**EUROVISION**  
OPERATED BY EBU

**SMARTSCORING**

**Advice for Local Organizing Committees (LOCs) and Member Federations  
European Gymnastics: Medical Commission**

**Table of contents**

1. General and Arrival to the host country .....	4
2. WHO Risk Assessment and Mitigation Checklist .....	4
3. Conduct of all participants in the event.....	5
a. General prevention rules and individual responsibility .....	5
b. Other recommended measures to be implemented .....	5
4. Recommendations to the organisers .....	5
a. Medical service .....	5
b. Hygiene .....	6
c. Arrangements for suspected and actual COVID-19 cases.....	6
d. If a positive Covid19 case occurs during the event: .....	7
5. Health screening of all accredited people before and during the event.....	8
6. Use of a nose-mouth face mask (surgical only, not in tissue!) .....	9
7. Setup of venues and facilities .....	9
a. Spectator areas/tribunes.....	9
8. Other scheduled activities and social activities.....	9
a. Parade .....	9
b. Meetings .....	9
c. Out-of-event activities .....	9
9. Services and logistics .....	10
a. Airport transfers .....	10
b. Transportation during the event.....	10
c. Meals.....	10
10. LOC Recruitment and Volunteers .....	10
<b>Appendix 1: Instruction Posters .....</b>	<b>10</b>
<b>Appendix 2: Pre-Event Health- and Responsibilities Questionnaire .....</b>	<b>11</b>

# STAY COVID SAFE



IF YOU BECOME SICK  
SEEK MEDICAL CARE  
IMMEDIATELY



WASH YOUR HAND  
AT LEAST 20 SECONDS



WEAR A MASK



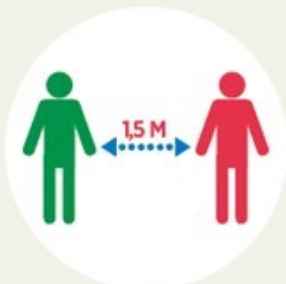
USE HAND  
SANITIZER



AVOID  
CROWDED PLACES



COVER YOUR SNEEZE  
AND COUGH



KEEP 1,5 METERS  
DISTANCE



AVOID TOUCHING EYES,  
NOSE AND MOUTH WITH  
UNWASHED HAND



AVOID  
CLOSE CONTACT

## 1. General and Arrival to the host country

European Gymnastics has created these ***Guidelines for the return to events with the Covid-19 pandemic*** to provide support to Local Organizing Committees (LOC) and participants of Gymnastics European Championships regarding the setup of all necessary processes for the health and safety of all persons at the event, based on recommendations of the World Health Organization (WHO).

All events are operated according to these guidelines and according to governmental regulations of the host country. All accredited persons must adhere to these guidelines and regulations at all European Gymnastics events. As the Covid19 situation changes rapidly, a version updated for each event will be published. It is responsibility of the delegation to also follow the latest information of health authorities.

All participants choosing to participate in an event are responsible for their own health- and travel-related risks and shall also follow the recommendations of their own country on this matter.

If a person is sent to quarantine (either due to a positive Covid19 diagnosis or due to having been close to a person diagnosed with Covid19), all occurring costs (accommodation, meals, transfers, further tests, medical costs, etc.) are at the responsibility of the person resp. the delegation.

It is the responsibility of the delegation to verify the current entry regulations to the host country for the specific event and for their specific delegation with the LOC prior to departure.

## 2. WHO Risk Assessment and Mitigation Checklist

European Gymnastics assesses each event using the WHO checklist for risk assessment and mitigation at mass gatherings in a context of COVID-19. These are operational tools that offer advice to hold the best possible sport events under the current conditions.

Information for risk assessment and means to minimise risks is available at the links below:

- [WHO Risk Assessment and Mitigation Checklist for Mass Gatherings in the context of COVID-19](#)
- [Considerations for sports federations/sports event organisers when planning mass gatherings in the context of COVID-19](#)
- [WHO Mass Gatherings Sports: addendum risk assessment tools in the context of COVID-19](#)

European Gymnastics' LOCs must carry out a risk assessment in cooperation with local stakeholders, such as local and regional public health authorities. It is also important to present to local authorities the specific measures to minimise risks in these guidelines that can be applied to gymnastics events.

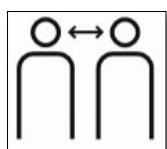
### 3. Conduct of all participants in the event

#### a. General prevention rules and individual responsibility

- A Symptom free to the Event
- B Keep distance (1.5 m)
- C Respect rules of hygiene and wash your hands regularly
- D Tracking of participants to track possible chain of infections.
- E Wearing of masks (tissue masks are not allowed):
  - Indoor: masks are compulsory
  - Outdoor: masks are compulsory only in crowded areas where safety distance cannot be respected
  - During work out and meals, masks can be taken off
- F Designate responsible Persons – respect Covid guidelines



A



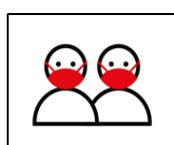
B



C



D



E



F

#### b. Other recommended measures to be implemented

- Sharing of equipment, especially water bottles, is prohibited.
- Any accredited person who feels ill must stay in the hotel room and inform the official LOC doctor by phone via the number provided on the accreditation card.
- A valid phone number and e-mail address of the head of delegation is provided by the National Federation at registration and has to be verified at the accreditation.

### 4. Recommendations to the organisers

#### a. Medical service

- The LOC must submit to European Gymnastics a clear medical organisation plan, drawn up on the basis of guidelines and advice from local health authorities. The plan should contain a clear section on infection prevention arrangements and response to possible or confirmed infection to covid-19 during event.
- The official LOC doctor is responsible for all medical operations and must be present on-site during the event and be reachable at all other times. An assistant to the official LOC doctor must also be a licensed medical practitioner and must be fully informed of all matters. Tasks must be fully delegated in the event that the official LOC doctor cannot be present because he is absent for important reasons.

- The official LOC doctor works in conjunction with local health authorities, local hospitals and health care providers on public health communication protocols and emergency services. Protocols have to be defined specifically for the isolation and transport of patients suspected of being infected with Covid-19.
- The LOC must ensure that a system is in place to allow traceability of contacts in the event of a positive case of Covid-19 occurring during the event.
- In addition, the official LOC doctor will report any relevant medical concerns to European Gymnastics in a timely manner.
- An increase in on-site medical staff will be needed to sort and refer suspected cases for Covid-19 testing.
- The medical service covering the event must have adequate space for social distancing, protection between treatment sites, good ventilation, hand washing stations with hot and cold running water, and an adequate supply of personal protective equipment, in particular face masks, and disposable rubber gloves.
- Thermometers must be made available at all official hotels for mandatory daily temperature checks.
- These recommendations are in addition to the standard Guidelines for the medical organisation of events organised under the responsibility of European Gymnastics.

#### **b. Hygiene**

- A hygiene plan must be created by the LOC that identifies risks and mitigation procedures, including plans for cleaning and waste disposal.
- The official LOC doctor must approve the hygiene plan and receive regular reports.
- A regular cleaning programme of all public areas, toilets and regular cleaning of door handles, handrails and frequently touched surfaces and apparatus used in the work-shops has to be created and maintained. A record of the cleaning carried out must be kept by the LOC and made available to the official LOC doctor a.
- The official LOC doctor will establish regular cleaning checks.
- Alcohol-based hand disinfection fluids have to be available at the site entrance of each venue, in all common areas and in medical treatment areas.
- The LOC must regularly check the availability of soap, paper towels and disinfection fluids. Only single-use towels are allowed.
- The work shop areas/locations, stages and equipment must be thoroughly cleaned (and disinfected where possible) by the LOC at the end of each day and where possible after each session of the shows/work shops
- The catering areas must be regularly cleaned (and disinfected where possible).
- Air changing must happen wherever possible when areas are not in use (and also where possible during times of use).

#### **c. Arrangements for suspected and actual COVID-19 cases**

- The LOC determines with the local health authorities the procedures for the care and isolation of people suspected or diagnosed with Covid-19. An emergency plan valid in the host country including the procedure for individual Covid19 cases as well also the planning in case a large number of persons needs to be quarantined needs to be provided before the event.
- European Gymnastics and LOC create a protocol to define how all parties involved will be notified of a potential COVID 19 situation.

**d. If a positive Covid19 case occurs during the event:**

- The LOC doctor and European Gymnastics must be immediately informed.
- The person must be quarantined immediately in the isolation room.
- If a quick test result is positive, the person must do a second PCR test at the cost of the concerned National Federation in order to confirm the result and to allow the exact designation of the type of Covid virus.
- Isolation for a person tested positive ends after 10 days, provided the person has not shown any major symptoms during the last 72 hours and with a negative laboratory test, molecular test (RT-PCR) or direct antigen test (RAT) for SARSCoV virus OR at 14 days without laboratory testing.
- Persons having had very close contact with COVID-19 cases (without mask for longer than 15 minutes at a distance of less than 1.5m) and do not show symptoms should be quarantined: 10 days after their last contact with the case by negative laboratory test, molecular test (RT-PCR) or direct antigen test (RAT) for SARSCoV virus OR at 14 days from their last contact with the case without laboratory testing.

If the test is negative persons are released from quarantine but should strictly observe personal protective measures and monitor their health for the appearance of symptoms until the completion of 14 days.

If the test is positive, the current protocol for the isolation of COVID-19 cases is followed without the need to repeat the test.

Fully vaccinated persons and persons who got infected in the previous 6 months do not enter quarantine but are checked with a molecular test.

- All other members of the delegation's group must be isolated in the hotel and be observed for symptoms related to Covid-19. The group will be re-tested with quick tests (on the cost of the concerned National Federation). If the test results are negative and the persons are showing no symptoms they are released from quarantine.
- If 2 or more people in one group have positive test results, the situation will be evaluated and European Gymnastics & local medical authorities take the decision about re-testing, quarantine and/or the participation of the remaining group in the event.
- To inform the local public health authority and cooperate with them on the next steps.
- Full report provided to European Gymnastics staff; name of person confirmed with Covid-19, National Federation, locations of the individual from the time of arrival to the country, date when symptoms started to show.
- All other persons having been in close contact with a positive tested person must return to the hotel in small groups and remain in their respective rooms for further instructions by the LOC following consultation with the local public health authority.
- If anyone starts to feel unwell and/or exhibit symptoms of COVID-19, the person must contact the LOC to arrange medical support.
- 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.



## 5. Health screening of all accredited people before and during the event

- Daily monitoring of the health status of all delegation members must be performed by the team medical (or if not available, the head of delegation) for 14 days before and during the event. This has to include taking daily temperatures and monitoring symptoms related to Covid-19.
- A vaccination against COVID-19 before the arrival at the event is strongly recommended for all accredited persons.
- At accreditation, the head of delegation must hand in one of the following for all delegation members:
  - A vaccination certificate issued by a certified authority.
  - A negative PCR molecular test result; the test must be taken up to 72 hours before entry.
  - A negative antigen (rapid) test result; the test must be taken up to 48 hours before entry
  - A certificate of recovery from the SARS-CoV-2 virus infection issued by a public authority or a certified laboratory. The certificate is issued 30 days after the day of the first positive COVID-19 test and is valid for 180 days after it.

All certificates must include the critical information (i.e. number of doses and their respective dates) in English, German French, Italian, Spanish, Russian and the person's full name must match the name on the passport or any other recognized travel document.

The LOC gathers these documents for verification and destroys them 4 weeks after the event.

- Any possibly needed additional medical certificate or request for a Covid19 test directly after arrival is linked to the rules of the national health authorities of the host country or own specific rules of each delegation. It is the responsibility of the delegation to verify these with the LOC and the embassy of the event host country before travelling to the event.
- The proof of vaccination or a negative Covid-19 PCR test results not older than 72 hours before arrival must be handed in at the accreditation also for all European Gymnastics authorities and staff members.
- The proof of vaccination or a negative Covid-19 PCR test results not older than 72 hours before the delegations' arrival day are mandatory also for all LOC members and volunteers.
- A quick test site will be arranged onsite, for everybody including vaccinated people. All persons as listed above have to take a Quick test during their stay at the event (exact schedule to be defined for each event). European Gymnastics and the LOC will be immediately informed on any positive test result. Each group (delegations, LOC (including venue contractors and volunteers), European Gymnastics) covers the costs for their own tests. Quick test: € 25 / PCR test: € 70.
- In case of a positive quick test result, a second PCR test at the cost of the concerned group is **mandatory** in order to confirm the result and allowing the exact designation of the type of Covid virus.
- Necessary Covid tests for the return flight requested by some countries can be booked through the LOC. Quick test: € 25 / PCR test: € 70.
- All accredited persons must complete a pre-event health- and responsibility questionnaire prior to arrival at the venue. The questionnaire can be found in appendix 2 and has to be handed in at the accreditation.
- Daily temperature checks of all accredited participants must be done at the hotels. Anyone with a temperature above 37.5 °C must report to the LOC medical centre immediately. Accredited persons with an elevated temperature must have a measurement of their oxygen saturation. Any accredited person with a temperature above 37.5 °C and a saturation below 95% should be assessed for possible Covid-19.  
Groups that did not book their accommodation through the LOC are responsible themselves for the daily temperature check.
- The LOC doctor and the medical team are responsible for establishing this process with the relevant local health authorities.



## **6. Use of a nose-mouth face mask (surgical only, not in tissue!)**

- **Indoor**, the use of disposable masks is **mandatory** for accredited persons, except during physical exercising and meals.
- **Outdoor**, the use of disposable masks is **compulsory in crowded areas where safety distance cannot be respected (eg.: Parade, in the spectator tribunes, in the crowded city center when close to locals, etc)**
- All accredited persons are advised to wear a mask also during any out-of-event activity. This information must be regularly recalled by the LOC.
- It is the responsibility of the delegation to bring a sufficient number of masks to the event. The LOC is responsible to provide them for their staff and volunteers. European Gymnastics equips their authorities and staff.
- The LOC has to provide an emergency supply of masks.

## **7. Setup of venues and facilities**

- All facilities, work shop areas, stages with tribunes, workspaces, meeting rooms and offices provided must be organised in a way that respects social distancing.
- At each entrance to the different venues, alcohol-based hand disinfection fluids must be available and participants have to be reminded to keep a social distance from everyone apart from members of their own group. The delegations are responsible that each of their members respects this.
- In all areas of the event hand washing facilities and/or hand disinfection dispensers must be provided.
- Site cleaners have to disinfect all areas (including doorknobs, toilet handles, bathroom faucet handles, table tops and work surfaces) several times a day.
- Access doors should be kept open if possible and if not, they should be managed by volunteers, in order to reduce the number of people touching the doorknobs.
- Closed waste bins for the safe disposal of hygienic materials (e.g. tissues, towels, sanitary supplies) in all rooms have to be provided.

### **a. Spectator areas/tribunes**

- Social distancing must be respected in all areas where spectators are located.
- LOC will designate the seats for each group/delegation and arrange the seating with necessary safety distance of min. 1.50m between the different groups/delegations.
- Face masks are mandatory

## **8. Other scheduled activities and social activities**

### **a. Parade**

- Face masks are mandatory during the parade as safety distance cannot be maintained.

### **b. Meetings**

- All meetings must take place respecting social distancing (min. 1.50m). To decide between LOC and European Gymnastics for each meeting if it can be held online.

### **c. Out-of-event activities**

- During any out-of-event activity where participants will mix with locals and other tourists, it is highly advised to wear masks. This information must be regularly recalled by the LOC.

## **9. Services and logistics**

### **a. Airport transfers**

- The LOC must plan to minimize the mix of different delegations during airport transfers. Where this is not possible, there must always be empty seats between different groups.
- Wearing a mask on the bus is mandatory.

### **b. Transportation during the event**

- Transport operations during the event must comply with the recommendations of the local health authorities regarding social distancing.
- Wearing a mask on the bus is mandatory.
- The LOC has to assess the capacity of its' planned transport service and calculate the number of people allowed on each bus to comply with social distancing. This calculation has to be used to determine the number of buses and the timetable for the transport operation.

### **c. Meals**

- Recommendation to have meals in small groups and strictly apply safety rules.

## **10. LOC Recruitment and Volunteers**

- The social gathering of the LOC and its' volunteers has to be kept to the minimum necessary.
- All volunteer training sessions should take place online whenever possible. If the training is to take place on-site, social distancing must be applied.
- Working conditions must follow the recommendations of local health authorities.

## **Appendix 1: Instruction Posters**

- [Proper Handwashing](#)
- [How to wear a mask](#)
- [When to use a mask](#)

## Appendix 2: Pre-Event Health- and Responsibilities Questionnaire

**To be completed by each accredited person**

By the below signature I confirm to follow these Covid19 guidelines for European Gymnastics events as well as the regulations of the health authorities of the host country at all times during my stay at the event as well as during travel to and from it.

<b>Name</b>	
<b>Federation of</b>	
<b>Permanent address</b>	
<b>Address during the event</b>	
<b>Phone number</b>	
<b>Email address</b>	
<b>Countries visited during the last two weeks</b>	

<b>Within the past 14 days, have you...</b>	<b>YES</b>	<b>NO</b>
Had close contact with anyone diagnosed as having Coronavirus disease COVID-19?		
Provided direct care for COVID-19 patients?		
Visited or stayed in a closed environment with any patient having Coronavirus disease COVID-19?		
Worked together in close proximity, or sharing the same classroom environment with a COVID-19 patient?		
Travelled together with a COVID-19 patient in any kind of conveyance?		
Lived in the same household as a COVID-19 patient?		
Been in quarantine?		
Tested positive to the swap PCR test?		

<b>Have you experienced any of the following symptoms now and in the previous 14 days:</b>	<b>YES</b>	<b>NO</b>
Fever		
Cough		
Fatigue		
Dyspnoea		
Myalgia		
Sore Throat		
Chest Pain		
Congestion/Coryza		
Headache		
Chills		
Nausea/Vomiting		
Diarrhoea		
Anosmia/Dysgeusia		
Chilblains/Pernio		

<b>Signature of the person to be accredited (for gymnasts and volunteers under 18: signature of a parent)</b>	
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<b>For delegations only: Additional signature of the medical doctor of the delegation (or medical doctor responsible for NF)</b>	
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<b>For delegations only: Additional signature of the head of delegation</b>	
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**This form will be kept until 4 weeks after the end of the competition.  
The records will be destroyed after this date.**