

**COVID-19 protection concept for Swiss-Ski Nordic (cross-country skiing), 2020/21 season**

**Valid for FIS Continental Cup competitions on 5/6 December 2020 in Ulrichen, Valais**

<p>Hygiene measures and code of conduct issued by the Federal Office of Public Health (FOPH) / the Federal Office of Sport (FOSPO) / Swiss Olympic</p>	<div style="display: flex; justify-content: space-around; text-align: center;"> <div style="border: 1px solid red; padding: 5px;">Keep your distance: 1.5 m</div> <div style="border: 1px solid red; padding: 5px;">Wear a face mask</div> <div style="border: 1px solid red; padding: 5px;">Cough and sneeze into a tissue or your elbow</div> <div style="border: 1px solid red; padding: 5px;">Wash your hands thoroughly</div> <div style="border: 1px solid red; padding: 5px;">Avoid shaking hands</div> <div style="border: 1px solid red; padding: 5px;">Record contact data</div> <div style="border: 1px solid red; padding: 5px;">If you have any symptoms, get tested and stay at home</div> <div style="border: 1px solid red; padding: 5px; color: red;">Download for contact tracing Download Mindful app</div> </div> <p><a href="https://www.bag.admin.ch/bag/en/home.html">https://www.bag.admin.ch/bag/en/home.html</a></p>
<p><b>International teams</b></p>	<ul style="list-style-type: none"> <li>The Swiss federal government's current rules for persons arriving in Switzerland apply to international teams. To view quarantine rules and the list of high-risk countries, go to FOPH: <a href="https://www.bag.admin.ch/">https://www.bag.admin.ch/</a></li> <li>All international team managers are strongly advised to contact their embassies in Switzerland prior to arrival to obtain information on the requirements that need to be met before teams can enter the country.</li> </ul>
<p><b>Risk assessment and triage</b></p>	<ul style="list-style-type: none"> <li>The health of all athletes and staff is the top priority; a high level of solidarity and individual responsibility is required.</li> <li>Persons with COVID-19 symptoms may not attend events and must be isolated from other team members.</li> <li>The OC and Swiss-Ski must be informed as soon as possible if COVID-19 is diagnosed after an event (within 14 days).</li> </ul>
<p><b>Information materials and conduct posters</b></p>	<ul style="list-style-type: none"> <li>The posters and codes of conduct issued by Swiss Olympic, FOSPO and FOPH will be displayed at the competition site.</li> <li>Swiss-Ski will make standard sign and lettering templates for the various zones available for download.</li> </ul>
<p><b>Arrival and departure</b></p>	<ul style="list-style-type: none"> <li>Individually or as a team by private car / the team's own bus (masks must be worn).</li> <li>Anyone arriving via public transport must comply with FOPH rules (masks must be worn on trains, buses and ropeways, in public areas, and at train stations, airports, etc.).</li> </ul>
<p><b>Check-in / Monitoring / Responsibility</b></p>	<ul style="list-style-type: none"> <li>All participants (OC, athletes, assistants, officials, volunteers, media representatives) must register with the OC before every event (as described in the event regulations).</li> <li>On the day of arrival, teams must submit their registration lists (contact data) and a copy of this Protection Concept signed by the team manager (national association, regional association, support centres, clubs) to the Competition Office.</li> <li>Each team manager (national association, regional association, support centres, clubs) is responsible for ensuring that information is circulated within their team and that all protection regulations are complied with.</li> <li>Only registered individuals will be granted access to the competition site (and especially the Red Zone: start and finish areas, courses, service area, athletes' area, etc.) and must be identifiable as being registered (accreditation, start number).</li> <li>Every participant must register via the Mindful app when entering and exiting the competition site.</li> <li>The local organising committee and national and/or regional ski association are jointly responsible for ensuring compliance with all provisions and guidelines.</li> </ul>
<p><b>Information for Team Captains</b></p>	<ul style="list-style-type: none"> <li>The OC will appoint a COVID-19 contact person who will inform Team Captains about the protection concept.</li> <li>Whenever possible, Team Captain Meetings (TCMs) should be held online. The protection concept must be strictly complied with at all physical TCMs before, during and after competitions.</li> </ul>
<p><b>Conduct at the competition site</b></p>	<ul style="list-style-type: none"> <li>In order to minimise contact and avoid having too many people congregate in one place at the same time, participants will be divided into four different categories based on their respective functions, whereby the competition site will also be divided into four zones (Red, Blue, Yellow, Green).             <ul style="list-style-type: none"> <li>○ Red: Athletes, coaches, assistants, service staff – start and finish areas, courses, shooting range, ski jump, service area, athletes' area, etc.</li> <li>○ Blue: OC, TDs, officials, volunteers – Competition Office, timekeeping, evaluation, start and finish areas, shooting range, volunteer area, catering area for volunteers, etc.</li> <li>○ Yellow: Media representatives – media centre, mixed zone, etc.</li> <li>○ Green: Spectators – are not permitted and may not enter the competition site.</li> </ul> </li> <li>All zones will be clearly separated from each other and marked; OC will control all access and ensure that only those individuals authorised to enter a specific zone are let through.</li> <li>Masks must be worn by everyone in the marked zones around the start and finish areas.</li> <li>The requirement to wear a mask does not apply during athletic activities (ski tests, warm-up, competitions, cooling down).</li> <li>Each zone will also be subdivided in order to ensure that the maximum permitted number of persons per sector is not exceeded (e.g. service area split between national association and</li> </ul>

	regional association)
<b>Spectators</b>	<ul style="list-style-type: none"> <li>Spectators are not permitted and may not enter the competition site.</li> </ul>
<b>Officials / Media representatives</b>	<ul style="list-style-type: none"> <li>All officials (OC, volunteers, other officials) and media representatives must remain exclusively within the zones / at the posts to which they've been assigned.</li> <li>All officials and media representatives must register with the OC prior to each event and sign their name on a copy of the protection concept to confirm that they are aware of and will comply with the protection concept.</li> </ul>
<b>Start numbers / Transponders</b>	<ul style="list-style-type: none"> <li>Start numbers will be washed after every competition.</li> <li>Transponders will be cleaned after every competition.</li> </ul>
<b>Start procedure</b>	<ul style="list-style-type: none"> <li>Athletes must continue to wear masks after they enter the pre-start area.</li> <li>The requirement to wear a mask is then lifted in the start area, but all athletes must still maintain the minimum distance of 1.5 metres.</li> </ul>
<b>Award ceremony</b>	<ul style="list-style-type: none"> <li>The award ceremony is to be conducted in strict compliance with the protection concept and the minimum distance requirement.</li> <li>Masks may be removed on the podium when awards are presented and photos are taken.</li> <li>The teams present will be assigned to different sectors in order to avoid having too many people in one area.</li> </ul>
<b>Catering / Accommodation</b>	<ul style="list-style-type: none"> <li>In accordance with FOPH guidelines and the protection concepts for hotels and catering providers <a href="https://www.hotelleriesuisse.ch/de/leistungen-und-support/coronavirus/hotelbetrieb/hygiene-und-schutz">https://www.hotelleriesuisse.ch/de/leistungen-und-support/coronavirus/hotelbetrieb/hygiene-und-schutz</a></li> </ul>
<b>Communication</b>	<ul style="list-style-type: none"> <li>This protection concept and all other information relating to COVID-19 is posted on the Swiss-Ski website, where it is also continuously updated.</li> </ul>
<b>Protective equipment</b>	<ul style="list-style-type: none"> <li>All participants, volunteers and officials are responsible for their own protective equipment (masks, disinfectants) and will bring these with them themselves.</li> </ul>
<b>Contact tracing</b>	<ul style="list-style-type: none"> <li>The contact details of Team Captains and the lists of all participants and volunteers must be kept for 14 days after each event and be made available to the cantonal health authorities upon request.</li> <li>All participants are to be registered using registration lists and the Mindful app <a href="https://apps.apple.com/ch/app/mindful-check-in">https://apps.apple.com/ch/app/mindful-check-in</a></li> <li>Swiss-Ski also recommends that all participants download and activate the "SwissCovid" app <a href="https://foph-coronavirus.ch/swisscovid-app/">https://foph-coronavirus.ch/swisscovid-app/</a></li> </ul>

**With my signature, I as Team Captain confirm that:**

- I have read and agree to the COVID-19 protection concept for Swiss-Ski Nordic and the regulations issued by the Federal Office of Public Health (FOPH).
- I have provided the entire team with information about the COVID-19 protection concept for Swiss-Ski Nordic.
- My team and I are in very good health and are entering the competition without showing any COVID-19 symptoms.
- I will notify the OC immediately if any participant begins to display symptoms during or after a race.

Event: \_\_\_\_\_ Team / Regional association / Club: \_\_\_\_\_

Team Captain

First name / last name: \_\_\_\_\_ Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Date: \_\_\_\_\_ City: \_\_\_\_\_ Signature: \_\_\_\_\_