

FIS NORDIC COMBINED
CONTINENTAL CUP



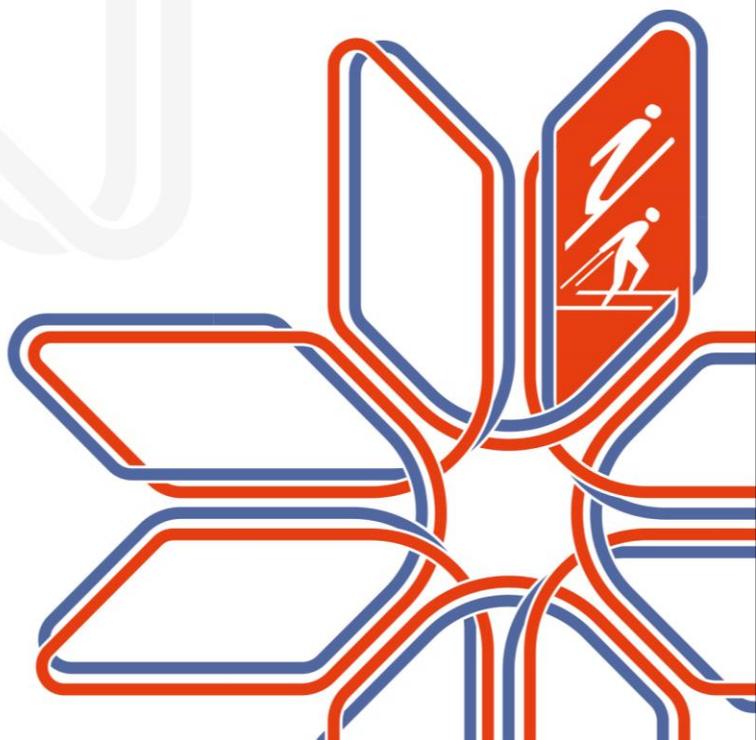
Nizhny Tagil '21



Nizhny Tagil
10.03 – 15.03.2021

**Information for participants
on preventive measures
and the organization of testing
for Covid-19 during**

**FIS NORDIC COMBINED WOMEN AND MEN
CONTINENTAL CUP**





**COVID-19 Coordinator in Nizhny Tagil:
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GENERAL INFORMATION

At the moment, almost all regions of Russia are «green» which means they are in the last stages of lifting Covid-19 restrictions. The situation changes one way or the other in each region of Russia depending on the number of cases confirmed per day.

The Sverdlovsk region is in the 3rd stage of lifting restrictions, namely:

- Doing sports in open spaces is allowed without restrictions, with restrictions it is allowed indoors and in gyms;
- Face masks are required in parking lots, elevators, taxis and public transport;
- Shops and retail outlets are open, including street vendors;
- Cafes and restaurants are open (1.5-2 meters between tables or with a partition installed between them), hotels, as well as parks and squares are available for visitors, provided that visitors observe the social distance;
- Sports events are allowed with compliance with all methodological recommendations with a 75% occupancy rate for events held on the street and 50% for events held indoors.

THERE IS NO QUARANTINE UPON ARRIVAL IN RUSSIA

BEFORE ENTERING IN RUSSIA
A negative PCR-test for Covid-19 must be done not earlier than 72 hours before border crossing. The test result must be printed in English or Russian. (a positive antibody test is not a reason for refusing to provide a negative PCR-test)

IN ORDER FOR ACCREDITATION TO BE RECEIVED, EACH PARTICIPANTS MUST FILL OUR IN FIS PASSPORT FOLLOWING INFORMATION:

- Upload negative PCR TEST (not earlier than 72h before entering to Russia), please have PCR Test printed with you for presentation at passport control;
- Whereabouts;
- Pre-Event Questionnaire





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Local health authorities recommend to:

1. Use a face mask and gloves in all public places;
2. Wash your hands and use hand sanitizer, which will be provided in places of accommodation, restaurants, wax cabins, race office and other public places.
3. Keep the social distance of 1,5 m whenever possible

During the FIS Ski Jumping World Cup in Nizhny Tagil it is planned to use **the principle of "bubbles" ("FIS Snowflakes")**, i.e. several zones will be formed in order to maximally separate athletes / members of teams / FIS representatives from other groups. These zones will be marked on the accreditation card.

To comply with the "bubbles" ("FIS Snowflakes"), all participants are prohibited from moving independently and visiting public places in the city (except for the venues of the event), otherwise their accreditation may be withdrawn

The participants, the officials and other visiting personnel will be provided with FFP-2 masks without a valve in an amount of at least 2 pieces per day.



НАДЕНЬ!
USE MASKS!



СОБЛЮДАЙ!
KEEP THE DISTANCE!



ИСПОЛЬЗУЙ!
USE HAND SANITIZER!



СДАЙ ТЕСТ!
TAKE THE PCR-TEST!



НЕ ПОЛЬЗУЙСЯ!
DON'T USE THE ELEVATOR!



ИЗМЕРЬ!
CHECK YOUR TEMPERATURE!

FLIGHT AND BORDER CROSSING

Before boarder crossing, it will be necessary to fill out the locations that the person has visited over the past two weeks and upload the result of the PCR test (made no earlier than 72 hours before entering Russia) into the FIS COVID-19 Passport system, as well as take with you in a printed format for presentation at passport control.





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In case of deterioration of health during the flight, it is necessary to inform the member of the crew about this, and upon arrival inform the representatives of the sanitary control service of the Koltsovo airport (Ekaterinburg), which will meet the participants on board an aircraft.

During the flight or upon arrival in Russia on board the aircraft, you will have to fill out a questionnaire. Before leaving the aircraft passengers will undergo a visual health examination and a thermal imaging control. In addition, passengers must provide the filled questionnaire and a certificate of a negative PCR-test for Covid-19 in Russian or English (if the certificate is presented in another language, a translation certified by the Russian consulate is required).



If it is necessary to provide a test results for a further flight (after the event in Nizhny Tagil), testing can be organized 2-3 days prior to the departure (the cost of the PCR-test is 70 euros)

TRANSPORT

Transportation of all groups of participants will be carried out as follows: Transfer «airport – hotel», «hotel - ski jumping hill», «hotel - airport» will be provided with a social distance of at least 1.5 meters, seating will be checkerboard-arranged with the designation of vehicles to individual teams.

The same seating arrangements will be in place during transfers to training and competitions.





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The parking for shuttle buses will be located on the territory of the ski jumping complex – as close to changing rooms and wax-cabins as possible. A separate path will be available for athletes and FIS officials. This path will not be available for other customers groups.

The choice of the transport carrier will be carried out in accordance with the requirements to counter the spread of Covid-19:

- **drivers have a negative test result for COVID-19 by PCR method received not earlier than 3 days before the first transportation of the participants**
- **Daily thermometry and wellness surveys for drivers**
- **When transporting passengers, the driver maintains a social distance of at least 1.5 meters and uses PPE (FFP-2 mask without a valve, gloves), uses hand sanitizers**
- **Complete disinfection of vehicles is carried out daily**
- **Disinfecting of interior surfaces of the vehicle is required during the day in the intervals between the runs**





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COVID-19 TESTING

After arrival on March 10th (for participants who have a previous test result earlier than 15:00 CET + 4 (local time) on March 8th) and before departure from Nizhny Tagil on March 13th on the territory of the hotel a testing will be organized using the PCR method, if participants have a negative test result, they will ensure the admission on a official competition in Nizhny Tagil or a departure.

Test results will be provided to the participants by email within 36 hours after passing the test. Before passing the tests, all participants sign a document stating that the results can be disclosed to the organizers of the event. The cost of the PCR test is 70 euros, test results will be provided in English, the results are ready in up to 36 hours.



Preparation for the PCR test:

Preparation is necessary in order not to influence the test results

The main condition is not to disturb the natural microflora of the mouth and nose

2 hours before taking the smear it is **FORBIDDEN**:

1. Drink any liquid
2. Eat food
3. Brush your teeth
4. Rinse your mouth
5. Chew gum
6. Use medicine for irrigation of the nose or mouth area
7. Use tablets or other chewing pills (lozenge)





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HOTEL

The captain of a team representative can check-in for the entire team while other athletes are waiting in front of the hotel or in the cars.

After arriving at the hotel, participant's temperature will be measured, the following days the temperature of participants will be measured twice a day.

All hotel staff will be tested for Covid-19 and will work in accordance with the requirements of the National Health Organization.

The hotel will observe the principles of separation of flows with the allocation of separate zones and flights of stairs for participants of the World Cup, where access of other residents will be limited.

Up to 3 floors will be allocated for the FIS NORDIC COMBINED CONTINENTAL CUP representatives (depending on the number of participants).

The access of other guests to these floors will be limited. Rooms will be disinfected daily, as well as additionally decontaminated. Representatives of teams from different countries will not be able to accommodate in the same room. Cleaning will take place when there is no one in the room.

Recirculators for air disinfection and hand sanitizers will be located on the hotel premises, **contact personnel will use FFP-2 masks without a valve.**

The athletes will be catered at a special area located separately from the other guests of the hotel. Seating in food areas will be organized with social distance of 1.5 m, partitions will be installed. During the participants' meals access to this dining room for other hotel guests will be prohibited.





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In the hotel, as in other public places, it is recommended to use PPE (masks, gloves). **Participants will be provided with class FFP-2 masks without an exhalation valve in the amount of 2 pieces for each official for every day of the competition.**

In addition, an additional supply of masks will be placed throughout the hotel.

Access to elevators in the hotel will be closed.



AT THE COMPETITION'S VENUE

Thermometry will be performed at the entrance to hotel «Aist».

Recirculators for air disinfection and hand sanitizers will be installed in all public places at the facility, as well as markings for keeping the social distance of at least 1.5 meters.

LOC provides clean wax / changing rooms that will be disinfected regularly. The room will contain a supply of masks (normal and FFP-2 without a valve).

The parking for shuttle buses will be located on the territory of the ski jumping complex – as close as possible to changing rooms and wax-cabins. A separate path will be available for teams and FIS officials.

This path will not be available for other customer's groups.





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The athletes' area will be fenced off (no contact with spectators).

Only packed food and water is allowed at food points at the competition's venue.

A FFP-2 mask without a valve must be used permanently in public areas. It is especially important to comply with this requirement in a situation where it is impossible to observe a distance of 1.5 m (waiting room at the start, equipment control room). Personnel in contact with participants will also use a FFP-2 mask without a valve.

An isolated ward with a restricted access will be located at the venue – any person will be immediately isolated in case of any signs of Covid-19 or other infection



TCM

TCM will be held in the conference hall of the Aist Hotel with one member from each team, keeping the social distance in the hall and using a FFP-2 mask without a valve. Info for teams will be also provided in pdf-format via e-mail.

STAFF AND VOLUNTEERS

The number of LOC staff / volunteers will be adjusted according to needs. They will follow good hygiene practices, including the use of FFP-2 masks without a valve and regular hand sanitizing. Also they will test negatively for Covid-19 no later than 72 hours before the event or work on-site.

Every day staff and volunteers will undergo medical control and thermometry.





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SPECTATORS' AREA

Spectators will not be allowed to the event

ACTIONS UPON COVID-19 CASES DETECTION

Room for a separate stay will be prepared at the hotel and at the ski jumping complex (Aist Hotel). If someone has any symptoms of illness or a positive test result for Covid-19 is obtained, that person will be immediately isolated from other event participants depending on the location.

Information about a positive test result will be received by the FIS Event Task Force which consists of one senior management representative from FIS, the LOC, the NSA, and the LOC Health Coordinator representing the national health authorities.

For a participant who has received a positive test result, a medical examination will be organized by a specialized doctor, according to the results of which the chief doctor of the competition will decide to conduct a second test (in another laboratory, if necessary).

After that the chief doctor of the competition will send the participant to the medical center in a specialized medical vehicle. This participant will quarantine for **until receiving a negative PCR-test** (about 10-14 days. In Russia currently the PCR test with CT value greater than 30 will be negative). At the end of the quarantine, the LOC will help the participant to choose a ticket to return to the place of residence or to the next event. Persons who had close contact should be isolated for 14 days.

The persons who have a document of completion of the vaccination process and have a level of protective antibodies, they are not subject to mandatory isolation for 14 days in case when they had contact with the person with positive C-19 PCR result.





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A charter flight will be organized and paid for by the sending party (NSA/FIS) for the participants with a positive PCR-result for COVID-19 and the nearest contact persons, while the LOC should assist in coordinating the boarding of the charter and the departure of the participants with the authorities of the receiving party, as well as the transportation of the participants from the place of stay to the charter. To provide transportation to the airport, it is necessary to use a car that allows to maintain a social distance between passengers, while the driver must be at a safe distance and use a medical protective suit.

To organize walking from the hotel to the car, a separate staircase and exit will be designated, which allows not to mix with other guests of the hotel. Before the participants leave their room, where they have been isolated, LOC must provide masks and gloves, as well as organize a contactless checking out process. Check-in for the charter should be made contactless, without visiting the airport.

If the actions of the participant, who received a positive test result for COVID-19, or the one who had a close contact with them, do not meet the requirements of the National Health Organization of Russia (condition of mandatory observation for 14 days), the responsibility for possible consequences is assigned directly to these participants

FINANCING OF SPORTING DELEGATIONS

1. PCR testing services before leaving for representatives of sports delegations (70 euros per person).
2. Accommodation before the start of the competition and during isolation/observation (if a positive COVID-19 test is detected or was a close contact with a person with positive test result) for participants.

**TAKE CARE AND KEEP MAKING
NORDIC COMBINED GREAT!**