



**VIESSMANN FIS NORDIC COMBINED WORLD CUP**  
**COVID-19 Prevention Guidelines (Hygiene Concept)**  
Otepää, December 10<sup>th</sup> – 12<sup>nd</sup> 2021, Estonia

**Place:** Otepää Tehvandi Sport Center

**Organizers:** Estonian Ski Association

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**Key words:** discipline, tolerance, flexibility, fairplay

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## 1. INTRODUCTION

The Covid-19 infection in Estonia is high, its rate in Estonia at 18.11.2021 is 0,8, and it is decreasing ([www-1.ms.ut.ee/krista/covid/covid\\_pildid.html](http://www-1.ms.ut.ee/krista/covid/covid_pildid.html) <https://koroonaqaart.ee/et>). Covid-19 is a virus that spreads from person to person through droplet infection and mainly through close contact with an infected person. Because of that, the most important is to avoid Covid-19 infection spread during the competition and to minimize the risk of infection in the competition place.

Due to the Covid-19 pandemic situation in World and in Estonia, Nordic Combined World Cup in Otepää is organized from 10 to 12 December 2021 under tight security measures. Present advice is designed to assist various processes for the care and welfare of all participants at the FIS Nordic Combined World Cup events including the athletes, coaches, local organizing committee members, and FIS staff, volunteers, spectators, and all host people.

Estonian Local Organizing Committee (LOC) will follow all needed rules and conditions to organize the safe event, which are required, including information and publications from the World Health Organization (WHO), FIS Covid-19 Prevention Guidelines, and Estonian Government regulations. Event Organizers will use Covid-19 requirements in competition in place to protect the health of all participants and ensure access to necessary medical care.

### **The keywords for prevention Covid-19 are:**

- Pre-arrival testing and on-site testing strategies (Annex 2 and 4).
- Keep social distance more than 2 meters, follow separation and activities in bubble system (Annex 3), and avoid closed rooms.
- Clean hands and use hygienic liquids regularly.
- Using protection masks is mandatory in all competition areas, in closed public areas (shops, petrol stations, public transportation, hotels, etc.). In the open air, where distance keeping is not possible, using the mask is also required. Face covering is not needed outside from competition area, in the private car and private living place.
- Staying at home or living place if you feel any illness symptoms is required and informing about it is immediately to LOC Covid-19 Health Coordinator needed.

The responsibility of all people taking part in the competition is to minimize the risk of the possibility to spread of the Covid-19 virus. All participants have to respect and follow fully present guidelines, FIS and LOC requirements and behave in a disciplined manner all time of competition. All participants must follow pre-arrival testing and on-site testing strategies, the wearing the masks, keeping distance, avoiding closed rooms, and follow hygiene measures, including regular hand-washing. Guidelines need to be followed by all stakeholders. A breach of Covid-19 protocol will lead to withdrawal of the accreditation and exclusion from the competition.

By registering for this event, each participant confirms to understand and follow all Covid-19 prevention guidelines and regulations designed by FIS and the LOC, and cooperate with LOC Covid-19 Health Coordinator to mitigate the infection risk.

### **LOC Covid-19 Health Coordinator:**

Name: Urve Loit

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**NB!** Teams have to provide to Covid-19 Health Coordinator their Covid-19 contact person.

## 2. PARTICIPATION REQUIREMENTS (athletes, team staff, judges, LOC)

### 2.1. Arrival to Estonia

- Have **negative Covid-19 PCR test not older than 72 hours prior arrive to Estonia and to accreditation**. Vaccination can not replace PCR test for accreditation and pre-testing requirement is mandatory for all accredited individuals regardless to immunity and vaccination status. (FIS requirement 2021),
- **For entry into Estonia**, unvaccinated persons are required to have a valid PCR negative test. For vaccinated person's entry is unrestricted. Check more exact regulations to enter to the Estonia, including of vaccination, submission of disease: <https://bit.ly/3ct0YQU>
- **Free of illness symptoms** at least last 3 days;
- PCR test result (not older as 72 hours) should be uploaded to **FIS Passport** and a **Health Questionnaire** completed (see Annex 1 as example) at least 12 hours before arrival.
- Information about **persons from third countries** (e.g. Russia, Ukraine, Belarus, Turkey, USA), must be submitted at least five (5) working day before the arrival to the Estonian Police and Border Guard Board ([ppa@politsei.ee](mailto:ppa@politsei.ee)). The following must be provided: first name and surname of the person; date of birth; sex; document number; contacts (phone + e-mail); time of arrival (date and time) and place of entry (border post, airport, port). Important is the country from which the person comes, not the person's nationality.

### 2.2. Accreditation

Accreditation can be complete once the organizer has received a participant negative PCR test result and a completed health questionnaire (in FIS Passport).

### 2.3. FIS Passport and its registration

The Covid-19 FIS Passport is a database and test management portal for registered individuals. FIS centralized platform conforms to GDPR personal data privacy regulations. It will be used by the LOC Covid-19 Health Coordinator and FIS Covid-19 Administration to monitor and determine any further actions which may arise in the event of a Covid-19 positive case.

- Vaccination status, testing dates, results and other medical documentation will be self-recorded by the person in the "FIS Passport".
- FIS Passport has to be filled every person requesting accreditation for a World Cup event, (e.g. athletes, coaches, security persons, media, NSA representatives).
- FIS Passport does not replace testing.

#### For getting the Covid-19 FIS Passport:

- Go to <https://fispassport.fis-ski.com/fis/> Enter FIS Passport
- Access Code: FIS2022 (the password is case-sensitive!)
- Answer the health questionnaire (example in Annex 1)
- Upload your last Covid-19 test result, not older than 72 hours.

## 2.4. Arrival/departure & other transport services

- For Teams/groups is suggested to use own separate transport. No public transport is used.
- All persons (including LOC driver) wear a mask during the entire time of the transport.
- Limit number of persons per transportation to allow required distance in the bus or car.
- For longer trip, plan stops after every hour for the vehicle ventilation for minimum 10 minutes
- Parking area for teams and officials will be located next to the changing rooms inside the closed area.

The person arriving in Estonia can complete traveler's questionnaire (<https://iseteenindus.terviseamet.ee/>) 72 hours before arrival in Estonia. This will make the border crossing faster, and traveler does not have to wait in line in order to fill in a paper declaration. Important is to check and follow the airline's Covid-19 rules.

### See also:

- Travelling to Estonia - foreigners <https://www.kriis.ee/en/travelling-estonia-foreigners>
- Traveler's questionnaire for the prevention of the spread of Covid-19 for arriving to Estonia <https://iseteenindus.terviseamet.ee/>
- Information on countries and restriction on freedom of movement requirements for passengers <https://vm.ee/en/information-countries-and-self-isolation-requirements-passengers>
- Travel during the corona virus pandemic <https://bit.ly/3DxOLX5>

## 2.5. Accommodation

Hotels are providing necessary measures to protect the health and welfare of all guests. Depending on the facilities, additional options may include for separating teams from each other, as well as from hotel personnel, and other hotel guests. All participants are necessary to follow accommodation rules and Covid-19 regulations.

- Using protection masks in public areas like lifts, halls, restaurant buffet is mandatory.
- In indoor rooms, a minimum 2 m physical distance is required.
- Teams will be accommodated on the same floor if possible. Access to hotel facilities through stairs (avoiding elevators); trying to separate from other hotel guests. If possible, separate access to the hotel will be used. (Separation by bubble system). Accommodation preferably in single or twin-bedded rooms.
- For hand hygiene, running warm water, soap and paper towels and disinfection gel are available. Hand sanitizers (alcohol-based hand gels) are placed in visible places.
- Provided are additional cleaning plans and disinfection prior to arrival and during the stay. Cleaning of rooms and contacts with hotel personnel will be avoided when team members are in the accommodation rooms.
- Ventilation of indoor rooms and facilities are crucial, open windows and doors are used to allow the flow of air through rooms and common indoor spaces.
- Isolation rooms are planned.
- Separate dining rooms/areas/time is used from other hotel guests with sufficient space.
- Sufficient water/drinks are available on the tables. Water suggested in bottles.

For prevention infection, team leader is required to alert Hotel staff and LOC Covid-19 Health Coordinator if Covid-19 prevention requirements are not followed.

## 2.6. Wearing the masks / face covering

- Masks are mandatory for all participants in all accredited areas, regardless of immunity and vaccination status (with a special focus on indoor spaces, as well as outdoor areas), as well as official event-related areas (including transport, accommodation, side events, etc.) unless eating, sleeping or competing.
- Masks must be worn by all participants also outside competition areas whenever a minimum distance of 2 m cannot be guaranteed.
- Only for athletes are allowed not to use the masks if it is necessary for a warm-up and before jump until exit gate and at Cross-Country race time.
- The use of medical or equivalent masks is strongly recommended. Indoor rooms are suggested to use FFP2 or FFP3 masks. Any other face shield (as a scarf, collar or other) is not an acceptable alternative to a mask. Wearing visor without mask is not fulfilling the mask requirement.
- The mask needs to cover both the nose and mouth.
- Participants should ensure they have sufficient masks for the duration of the event.

**See also:** When and How to Use Masks: <https://bit.ly/30FqEaR>

## 2.7. On-site testing

- To the competition implementation are involved local health institutions, including Estonian Health Board, local organization for Covid-19 testing (Confido, Tartu), local ambulance and hospitals. PCR testing will be performed according to local healthcare providers and national guidelines by a health care worker. On-site testing includes PCR tests, testing in case of illness symptoms and pre-departure PCR tests. Information about testing in Annexes 2 and 4.
- PCR testing requirement is mandatory for all LOC individuals in a red and yellow bubble (see Annex 3).
- On-site testing schedule for accredited and local participants is determined by the LOC. **Registration to order an PCR testis is open till 01.12.2021** <https://bit.ly/3Dgomx7>
- For symptomatic persons, RT (rapid test) is used for first quick results. Look more information at p. 4. Case of a participants illness and reporting policy.
- The hosts Country LOC will help provide pre-departure PCR tests after the competition on Saturday, 11.12.2021. Registration to order **pre-departure PCR testis is valid till 01.12.2021** <https://bit.ly/3F225DG>
- Costs for testing for pre-arrival and on-site Covid-19 testing arranged by the Organizers and national health authorities are carried by the person or responsible group (i.e. Teams, FIS, Organizer for workforce, Stakeholders etc). An invoice will be sent to the teams after testing by the LOC organizer. No billing on-site.

For more detailed Guidance, refer FIS Covid-19 World Cup Risk Management and Testing Protocol. <https://www.fis-ski.com/inside-fis/covid-19-hub>

## 2.8. Physical distance, “Bubble system”

- Separate "bubbles" is required. Groups are not allowed mix amongst each other, and they have to stay separately within their own "*bubbles*" (inside and also outside the competition areas). Annex 3, Bubbles system.

- Each participant maintains a physical distance minimum 2 meter from anyone other people than those in the own team or group („bubble“) and avoids unnecessary forms of contact, such as hugs and handshakes, indoor meetings, contacts between different teams and participant groups during the competition and if possible at least 14 days before the trip.
- It is not allowed to gather in self-formed groups and do not stay in the competition territory after the training and competitions.
- Joint facilities (gym, meetings, joined training equipment, gathering etc.) are not used.

## 2.9. Adequate and regular hygiene precautions

- Adequate and regular hand-washing, ventilation of any indoor spaces, sanitizing and regular cleaning of surfaces is required. All participants should to follow hand-washing hygiene procedures and other general prevention guidelines.
- The organizer of the competition ensures the availability of disinfectants at the entrances and exits, passageways and toilets. Hand sanitizers (alcohol-based hand gels) are placed in visible places throughout the event.

### See also:

Clean Hands protect against infection: <https://bit.ly/3Frzzvg>

Instructions for washing: <https://bit.ly/3HBL70Y>

## 2.10. At the time of Competitions <sup>[11]</sup>

Area and activity	Regulations
Access to competition area	<ul style="list-style-type: none"> <li>• Control and access to competition area is organized by LOC using security staff</li> <li>• All participants are required to follow the security persons instructions</li> </ul>
Waxing & changing cabins	<ul style="list-style-type: none"> <li>• Teams get clean and disinfected waxing and changing cabins, and they must be handed over also clean and disinfected</li> <li>• Cleaning and disinfection tools are available to the teams, and teams are responsible for a daily cleaning of their cabin. No cleaning service is to take place during the event by LOC</li> <li>• For garbage will organized drop-off point, where teams can leave all their garbage every day</li> <li>• There is no catering, available bottled water and packaged snacks only</li> </ul>
Bibs	<ul style="list-style-type: none"> <li>• Bibs will be distributed in the morning at the Jumping Hill sub race office and XC warm area</li> <li>• After start, used bibs are collected to the box</li> </ul>
Start Area Ski Jumping	<ul style="list-style-type: none"> <li>• Mandatory is use mask in situation where 2 m distance can not be keep (waiting room at the start, coach platform)</li> <li>• Wear masks in a lift and minimize the number of persons in the lift at the same time</li> </ul>
Athletes' Warm-Up room	<ul style="list-style-type: none"> <li>• Access is limited number of athletes only</li> <li>• Wearing masks is mandatory</li> </ul>
Start/gate	<ul style="list-style-type: none"> <li>• Appropriate distancing between athletes have to be used</li> </ul>
Jury room Judge's Tower Swiss Timing rooms	<ul style="list-style-type: none"> <li>• Access is limited for assigned personnel only and enforced via access control</li> <li>• Wearing a mask is mandatory for everyone</li> <li>• In all rooms are hand sanitizers (alcohol-based hand gels) in visible places throughout the event, bins and alcohol-based surface cleaner</li> <li>• Rooms must be regularly ventilated by users</li> <li>• Warm and cold drinks are available, preferred in individual bottles</li> <li>• Only packed food is used in the catering area</li> <li>• Daily room cleaning is organized by LOC</li> </ul>
Equipment Control Start and at Exit Gate	<ul style="list-style-type: none"> <li>• Only equipment controller + 1 assistant + 1 athlete are allowed to enter the equipment area.</li> <li>• All persons wear mask, social distance have to be followed</li> <li>• Inventory cleaning before every round</li> </ul>

Cooldown Zone Leader Board zone Ski Jumping	<ul style="list-style-type: none"> <li>Fresh masks and hand disinfectant available for athletes</li> <li>Distance keeping is required, no communication to any other athletes, team staff etc</li> <li>Access strictly only for team media attaché / medical staff</li> </ul>
Start area, Cross-Country	<ul style="list-style-type: none"> <li>Access to the Start area is allowed only for athletes, FIS Officials, Timing Team and start/finish Team staff</li> <li>Wider and one-way corridors are used</li> <li>Athletes take Transponder from a table by themselves without LOC help</li> <li>Boxes are available at the start for athlete's clothes</li> </ul>
Finish Area Cross-Country	<ul style="list-style-type: none"> <li>Boxes in the finish area are available for Transponders: No service and help by LOC</li> <li>The competitors are separated from the spectators from the finish area to the team area with an Exit corridor. No social contact is allowed</li> <li>Team Staff will deliver athletes' bag, local volunteers will not be used</li> </ul>
Anti-doping facilities	<ul style="list-style-type: none"> <li>Enough space is available in the waiting area to keep the minimum distance for athletes + one team staff member</li> <li>The contact surfaces are cleaned after each athlete's</li> </ul>
Ceremony	<ul style="list-style-type: none"> <li>All ceremonies will be staged inside the finish area, as this is a secure zone where only the athletes and Ceremony personnel can enter (Annex 5)</li> <li>Team personnel is not allowed to enter to the ceremony zone</li> <li>Maximum three presenters are used. Presenters may not physically contact any athlete and all prizes should be placed on the podium step and not handed off directly</li> <li>Any personnel involved in the ceremonies must wear a mask at all times and maintain distance guidelines</li> <li>Shaking hands, hugs, etc. physical contact with the Ceremony personnel and together with athletes is not allowed</li> <li>Prizes will be sanitized directly before the ceremony and will be placed on podium steps before the ceremony starts. Presenters wear protective gloves if handing off a prize</li> <li>Athletes' joint pictures are not allowed. All athletes should remain on their step through the ceremony</li> <li>The leader bib will be handed to athletes before the ceremony</li> <li>More exact information look at FIS Covid-19 Ceremony Guidelines <sup>[09]</sup></li> </ul>
Other activities	<ul style="list-style-type: none"> <li>No side events are planned, including contact meetings, any kind gatherings, a gym, etc.</li> <li>Team Capitains Meetings will take place through the web regarding the planned schedule.</li> </ul>

## 2.11. Other general prevention guidelines for LOC

- PCR test is the only test that can be presented as Pre-event test. In addition, on-site testing is available by online registration.
- Full protection equipment for all Covid-19 medical persons.
- Isolation rooms and special cars for Covid-19 cases are planned..
- Education for athletes and spectators: main competition speaker, information, posters, team captains meeting, etc.
- Distance control where extra necessary e.g. corridors athletes and media (security).
- LOC is ready to own and provide additional masks on-site to share them if there is an additional need.
- FIS Passport has to be filled every person requesting accreditation for a World Cup event, (e.g. athletes, coaches, security persons, media, NSA representatives). LOC has its own system for required information.
- Adjusted number of staff/volunteers according to needs. Minimized is the number of volunteers and other staff on the field of play and other accredited zones (specially the start and finish areas). Minimized is the movement of people in different areas.
- Hygiene precautions – required is adequate and regular ventilation of any indoor spaces and regular cleaning of surfaces. Waste management and clean-up plan has been

organized. Cleaning and disinfection of the premises is ensured in accordance with the recommendations of the Estonian Health Board. Hand washing possibilities and hand sanitizer need to be available in all areas and rooms.

- Hygiene signs are installed in all competition places, including changing rooms, in accredited areas, spectator areas etc. The signs have to remind everyone that participants must maintain a high level of personal hygiene, respiratory protection, hand-washing, and minimize physical contact (minimum 2 meters).
- Organized is movement in areas that require greater distance between people in pre-start areas, take-off areas. It is the responsibility of every person to adhere and follow all procedures and instructions, and behave in a disciplined manner at all times.
- Mass gathering overall Covid-19 risk score for Estonian FIS Nordic Combined World Cup event at 10.-12. December 2021 is „low“, including Covid-19 risk score 2 points and total mitigation score 97 points.

### 3. OTHER PARTICIPATING GROUPS - SPECIFIC SERVICES AND ACTIVITIES

#### 3.1. Volunteers

Regarding Estonian Health Board regulation <sup>[23]</sup>, all volunteers and other local participants have to be vaccinated against Covid-19 according to the vaccination plan and reached maximum protection since the last dose of vaccine or suitable to prove previous suffering from Covid-19 during the past 6 months. All participants have to be illness symptom-free. Uncontrolled people are not allowed in the event.

Depending on the activities of the volunteers (“red and/yellow bubble”, Annex 3), has been defined PCR test in addition to vaccination (registration to test <https://bit.ly/3Dgomx7>). In the absence of contacts with other participants (“green bubble”, Annex 3), additional PCR testing is not required. The organizer verifies the spot the authenticity and validity of the certificates and establishes the person's identity.

- Masks wearing, hand-washing and following other general prevention guidelines are mandatory for all volunteers.
- Volunteers should stay at the same post throughout the event. Contacts with other participants have to be minimized and no contacts with other participants are allowed.
- All working areas should be disinfected and cleaned throughout each competition day.

The volunteers must present a valid digital Covid-19 certificate to the group leader and/or LOC Covid-19 Health Coordinator and security persons regarding their request. EU Digital COVID Certificate is available at <https://bit.ly/3DxMhIe>.

#### 3.2. Spectators

- Total of up to 2000 spectators are allowed.
- All spectators have to be vaccinated against Covid-19 according to the vaccination plan and reached maximum protection since the last dose of vaccine or have suffered from Covid-19 during the past 6 months. Only illness symptom-free people are allowed to participate on event.
- Before entering the spectator's area (Annex 5), all persons must provide a valid digital Covid-19 certificate to a security person, who will verify the authenticity and validity of the certificate and establish the identity of the applicant. All spectators must be inspected; uncontrolled people are not allowed to enter to spectator's area. EU Digital COVID Certificate is available at <https://bit.ly/3DxMhIe>.

- Wearing protective masks and disinfecting hands, etc. in a public place where physical distance cannot be guaranteed is mandatory for all spectators without exception for all people from 12 years of age. Only medical or equivalent masks may be used.
- Regarding Estonian Health Board guidelines<sup>[23]</sup>, the requirement on wearing a mask does not apply to people with special needs, including a person with hard of hearing and a person under the age of 12, or if wearing a protective mask or covering the mouth and nose is not allowed for health reasons or other important reasons. In this case, a medical certificate must be provided.
- Contacts with athletes, support staff and the LOC personal are not permitted.

### 3.3. Media and Journalists

All media persons and journalists have to prove a vaccination against Covid-19 according to the vaccination plan. Vaccinations have to been made not more than one year ago. For accreditation, have to make a PCR test. Persons with illness symptoms are not allowed to participate in the competition. If a media person or journalist experiences any symptoms of illnesses during the competitions, these should be reported immediately to the LOC Covid-19 Health Coordinator for next activities regarding Annex 4.

**Note:** If the Pre-Testing Protocol is not followed by a media person, it will result in either an accreditation not being issued, or revoked.

- **Masks** must be worn by all media persons in all accredited areas. The mask needs to cover both the nose and mouth. Only medical or equivalent masks may be used.
- Journalists should **limit movements** between the official accredited areas and their hotel/ accommodation only.
- Media will have **no direct access to athletes, competition areas, or team zones** except Mixed Zone. In the mixed zone, journalists have to provide a **safe distance** of at least 2 meters between athletes and other participants. All in-person interviews must be conducted in the mixed zone, or as agreed by the teams, followed required distance.
- Journalists are not allowed to ask athletes to remove his/her mask - athletes should wear masks everywhere, including live interviews, ceremonies etc.
- **The microphone** should stay only with the athlete, and the journalist should not speak into it. The microphone has to be disinfected after each interview, or a new plastic cover or other methods for infection prevention have to be used.
- **Photographers** will not be able to enter the finish areas to take photos of the ceremonies. The podiums will be placed in such a way that photos of the ceremony are possible from the photo stands in the finish. Athletes' joint pictures are not allowed.
- **Press conferences** will take place through a live-streamed Media channel, where journalists will have the opportunity to forward questions to the athletes. The time of Press conferences will be communicated by LOC.
- The media center is situated on the 3rd floor of the stadium building. Social distance is strictly required.
- If a team agrees with an interview or filming footage (at times where not many people are in the service area and the bubble integrity can be guaranteed), please contact before an interview the LOC and the FIS Media Coordinator for organizing the access. At all times, social distancing rules need to be followed and everyone is encouraged to wear masks.
- **Journalists attend the event using their own transport.**

More information look at FIS Covid-19 Media Guidelines<sup>[10]</sup>

Link cannot open directly, make a copy [https://assets.fis-ski.com/im.ige/upload/v1602503076/fis-prod/assets/FIS\\_Covid-19\\_Media\\_Guidelines\\_October\\_11\\_2020.pdf](https://assets.fis-ski.com/im.ige/upload/v1602503076/fis-prod/assets/FIS_Covid-19_Media_Guidelines_October_11_2020.pdf)

#### 4. CASE OF A PARTICIPANT'S ILLNESS AND REPORTING POLICY

For a potential positive Covid-19 case, required activities are planned followed FIS Nordic LOC (Online Session, 5th October 2021<sup>[5]</sup>) and local Health Board instructions.

- Isolation rooms and transport/logistical support are planned.
- Informing as foreseen in FIS Protocol & Local Rules.
- Medical care and mental support, supported communication with health authorities and personal support if required.
- Support continues after event as required until the person has left isolation/quarantine.

WHO recommends that persons with any symptoms suggestive of Covid-19 should additionally to wearing a medical mask, self-isolate, and seek medical advice as soon as they start to feel unwell with potential symptoms of Covid-19, even if symptoms are mild. Symptoms can include fever, cough, fatigue, loss of appetite, loss of taste and smell, shortness of breath, muscle pain and other non-specific symptoms such as sore throat, nasal congestion, sneezing, headache, diarrhea, nausea, and vomiting. Persons with illness symptoms are not allowed to participate in the activities. Having any symptoms of illness it is necessary to inform immediately LOC Covid-19 responsible. All requirements equally apply to all persons. LOC Covid-19 Health Coordinator will organize testing and other activities regarding participant illness and reporting policy (Annex 4. Activities in case of participant illness).

#### 5. USED LINKS

- [01] Considerations for sports federations/sports event organizers when planning mass gatherings in the contact of Covid-19 <https://www.who.int/publications/i/item/considerations-for-sports-federations-sports-event-organizers-when-planning-mass-gatherings-in-the-context-of-covid-19-interim-guidance>
- [02] Covid-19 cleaning, disinfection and waste management <https://www.health.qld.gov.au/public-health/industry-environment/disease-prevention-control/covid19-industry/covid-19-cleaning-disinfection-waste-management>
- [03] Coronavirus disease (Covid-19) <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- [04] Covid-19 Communications Guidelines, FIS [https://assets.fis-ski.com/image/upload/v1633518485/fis-prod/assets/Covid-19\\_Communications\\_Guidelines\\_2021-22.pdf](https://assets.fis-ski.com/image/upload/v1633518485/fis-prod/assets/Covid-19_Communications_Guidelines_2021-22.pdf) (28.10.2021)
- [05] Covid-19 frequently asked questions [c19support@fis-ski.com](mailto:c19support@fis-ski.com) [inside-fis.com/covid-19-hub/covid-19-fis-q-a](https://inside-fis.com/covid-19-hub/covid-19-fis-q-a)
- [06] Clean Hands protect against infection <https://www.who.int/teams/integrated-health-services/infection-prevention-control>
- [07] Detailed Guidance to the FIS Covid-19 World Cup Risk Management and Testing Protocol in its latest version can be found: <https://www.fis-ski.com/inside-fis/covid-19-hub>
- [08] EU Digital Covid Certificate [https://ec.europa.eu/info/live-work-travel-eu/coronavirus-response/safe-covid-19-vaccines-europeans/eu-digital-covid-certificate\\_en](https://ec.europa.eu/info/live-work-travel-eu/coronavirus-response/safe-covid-19-vaccines-europeans/eu-digital-covid-certificate_en)
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- [15] Information on countries and restriction on freedom of movement requirements for passengers <https://vm.ee/en/information-countries-and-self-isolation-requirements-passengers>
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#### **Local information from the followed references:**

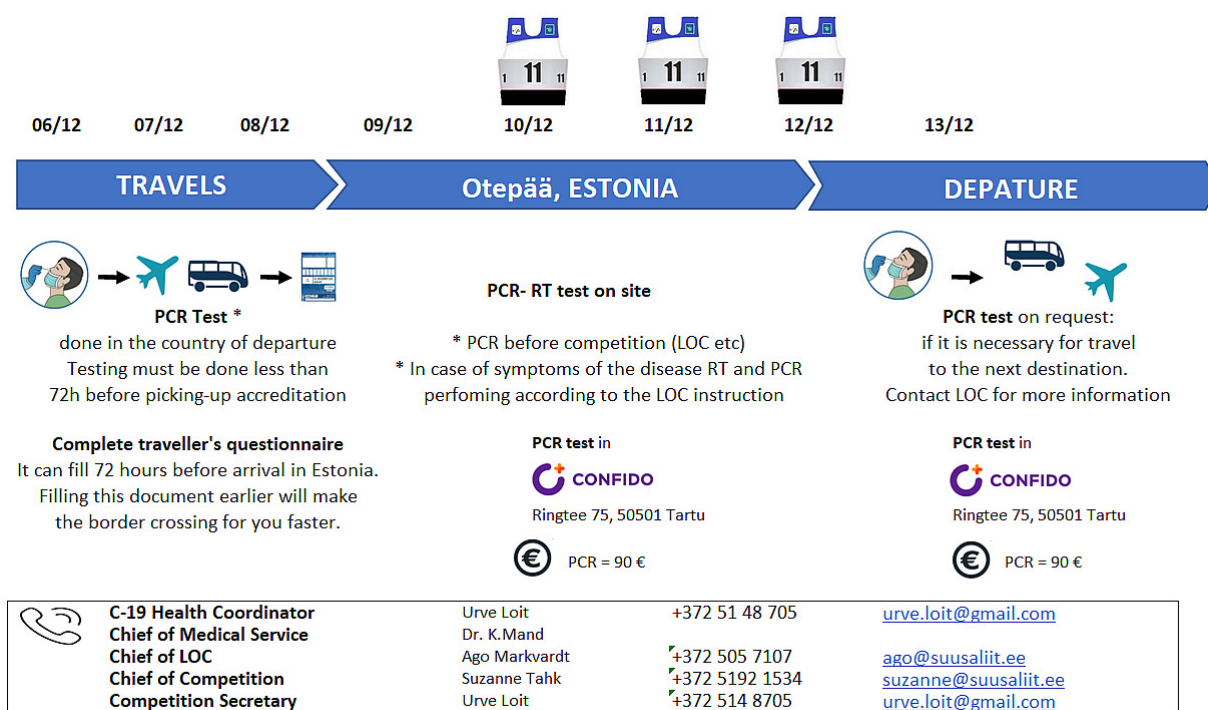
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## Annex 1. Health Questionnaire

	NO	YES
Have you had any symptoms (cough, runny nose, sore throat, difficult breathing, loss of taste or smell) during the last 14 days?		
Have you had any of the following symptoms during the last 14 days: <ul style="list-style-type: none"> <li>- Fever</li> <li>- Chest pain</li> <li>- Headache</li> <li>- Nausea/vomiting</li> <li>- Diarrhea</li> </ul>		
Have you been in contact with someone with a proven infection with Covid-19 during last 14 days?		
Have you been in quarantine during the last 14 days?		
Have you tested positive to the PCR (Polymerase chain reaction) test during the last 14 days?		

Signature: \_\_\_\_\_

## Annex 2. On-site testing protocol

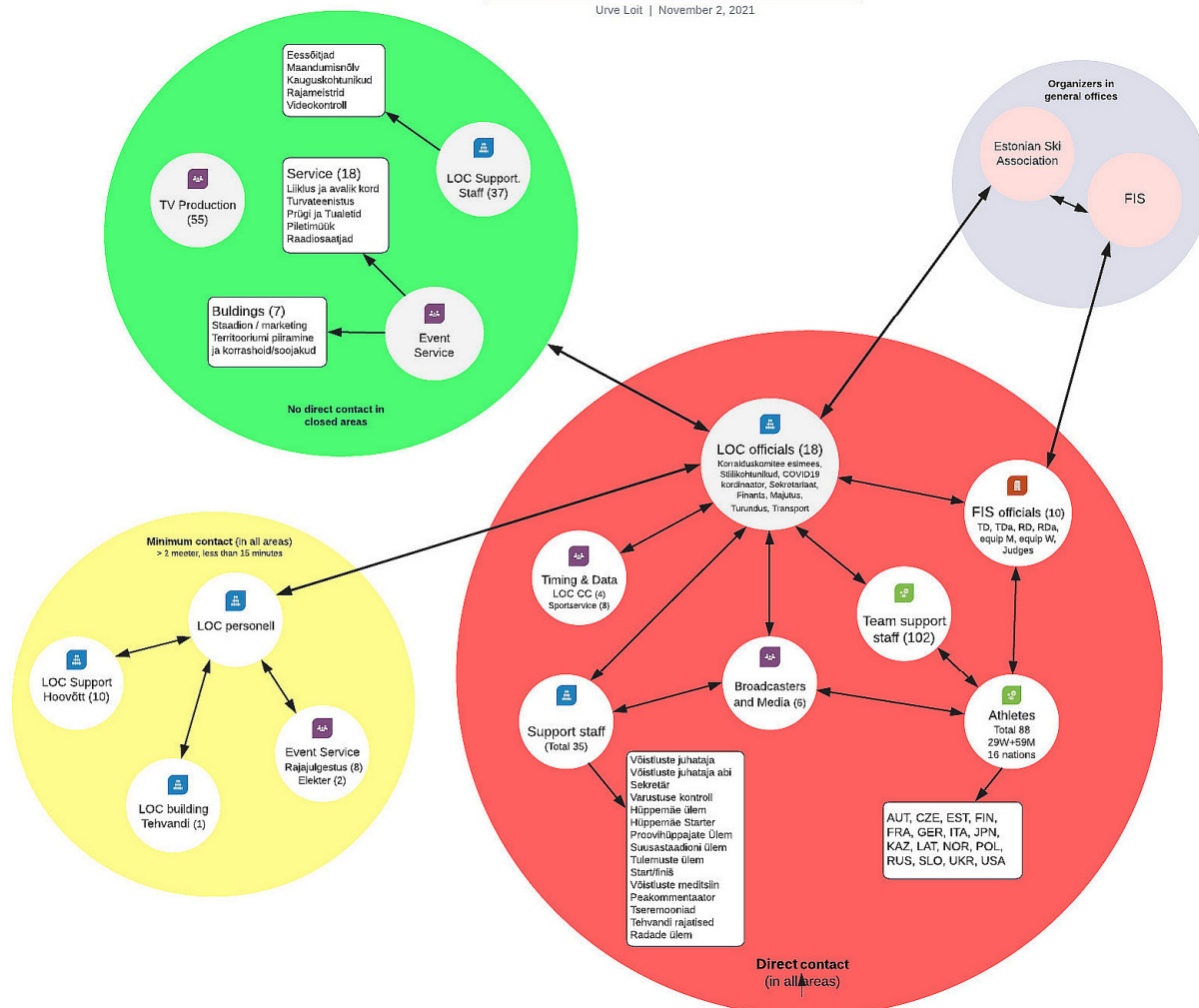


\* The test can also take at the airport. This in case if it is really necessary for some reason. However, it is better to plan and carry out the necessary activities in your home country.

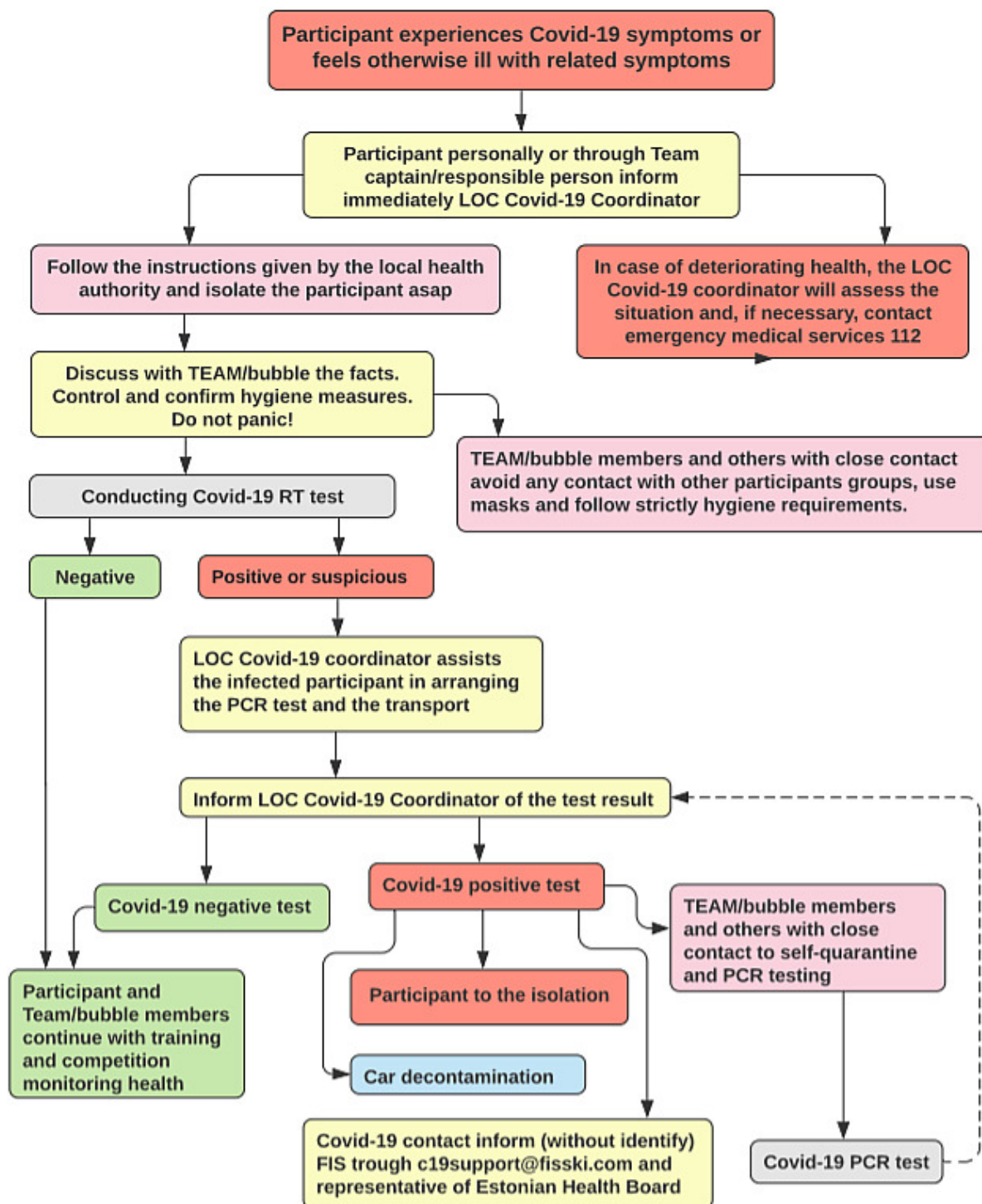
## Annex 3. Bubbles system

### FIS NC CUP, Otepää 10.-12.12.2021, BUBBES uus

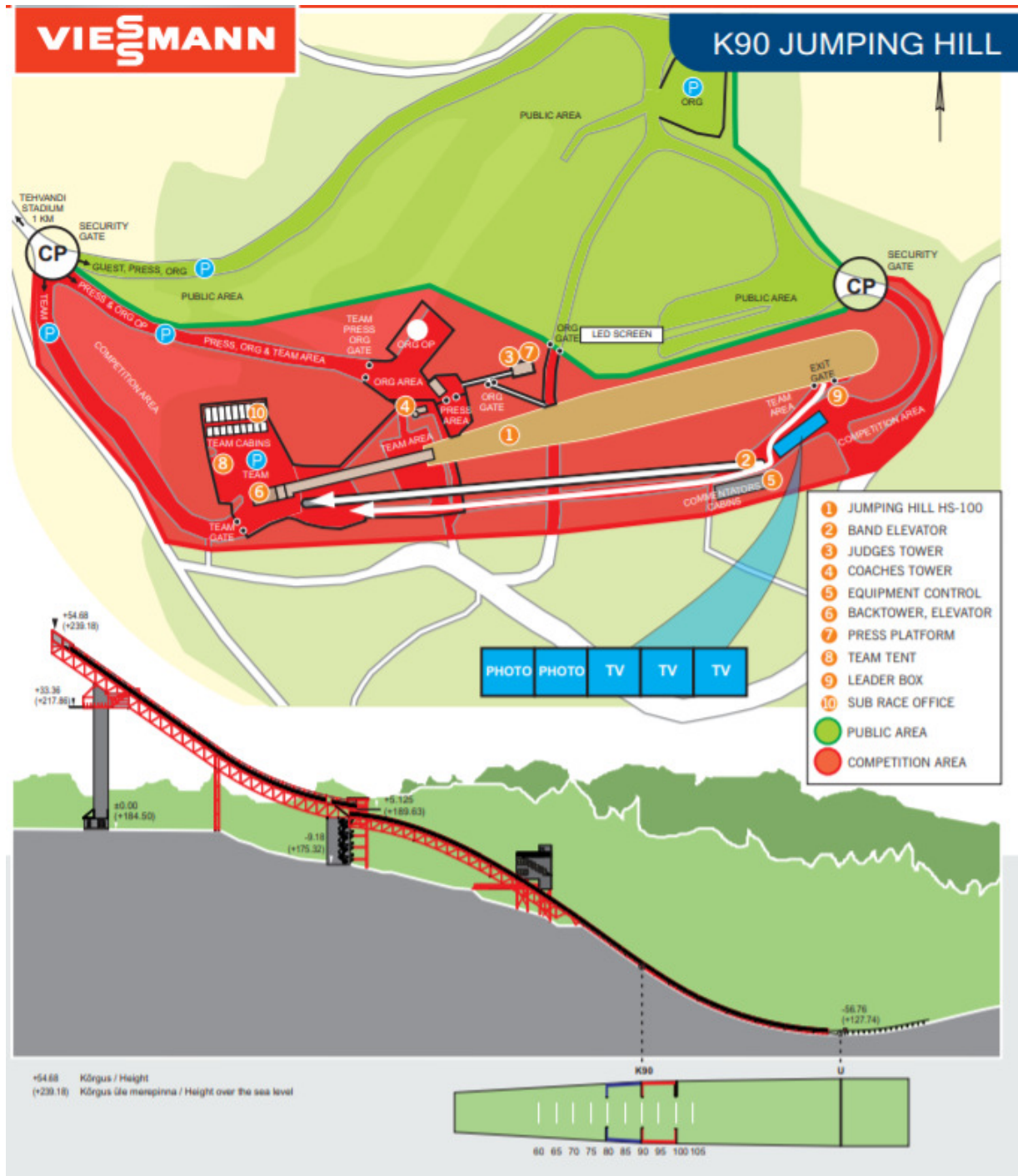
Urve Loit | November 2, 2021



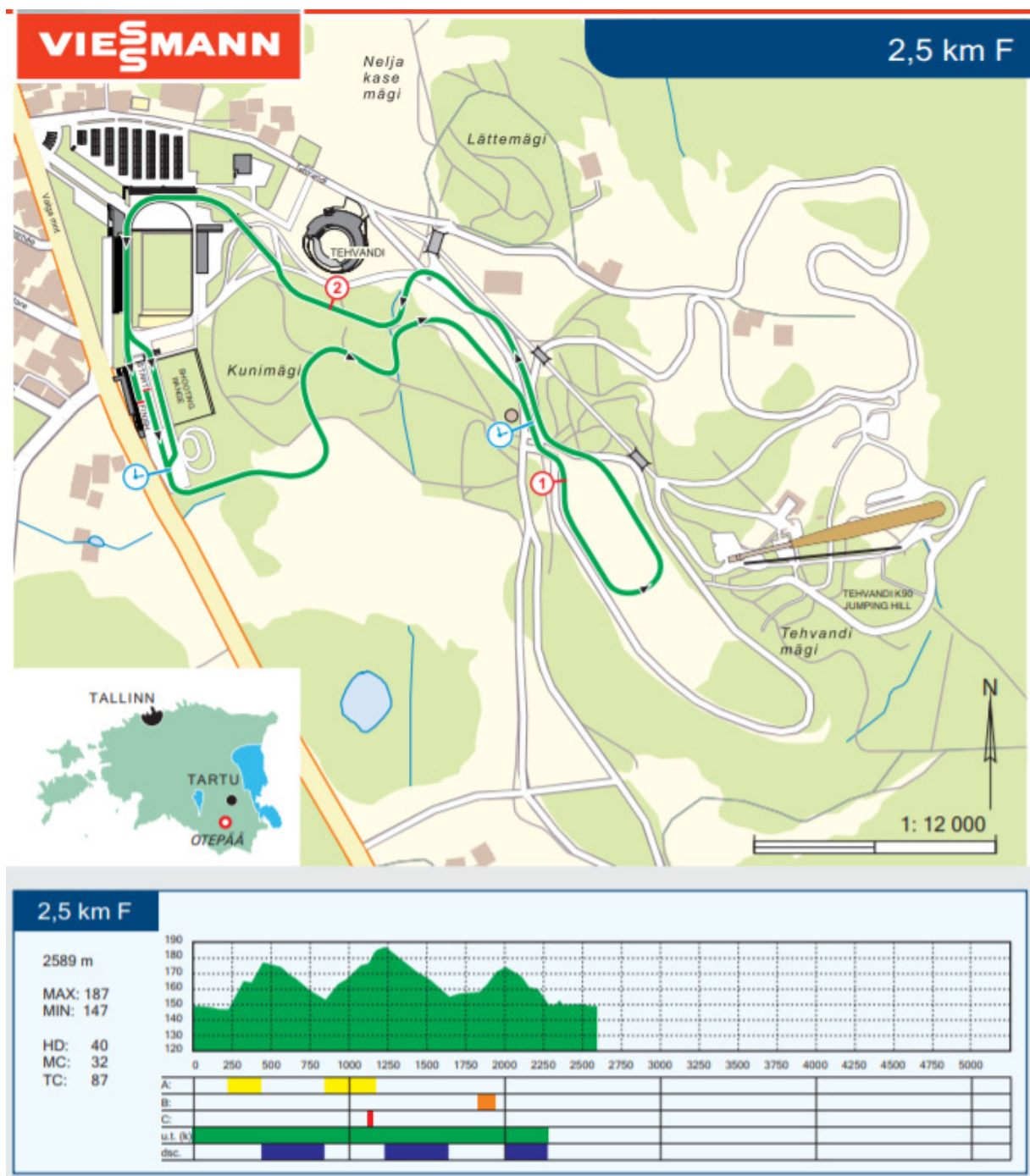
#### Annex 4. Activities in case of participant illness



## Annex 5.1 Competition venue, Ski Jumping Hill, Otepää



## Annex 5.2 Competition venue, Cross Country 2,5 km, Otepää



## Annex 5.3 Competition venue, Stadium, Otepää



## Annex 5.4 Competition venue, Mix Zone, Otepää

