

NOKIAN TYRES
WOC
WORLD ORIENTEERING
CHAMPIONSHIPS
2021
DOKSY, CZECH REPUBLIC 3 – 9 JULY



WOC training camps 2021

Covid-19 bulletins

Meeting participants

- Representatives from participating teams
- WOC organizers
 - Jan Picek Event Director
 - Jana Kubátová Secretary General
 - Jiří Funda Event Doctor
 - Radek Novotný Trainings
 - Jan Fiala Event Controller
- IOF representatives
 - Tom Hollowell CEO
 - Olli Heinonen Medical Expert
 - Jorgen Hector Brand Manager
- Observers

Agenda

1. IOF general Covid-19 bulletin

Tom Hollowell

2. Training Camp Covid-19 bulletin

Jana Kubátová

3. WOC training possibilities

Radek Novotný

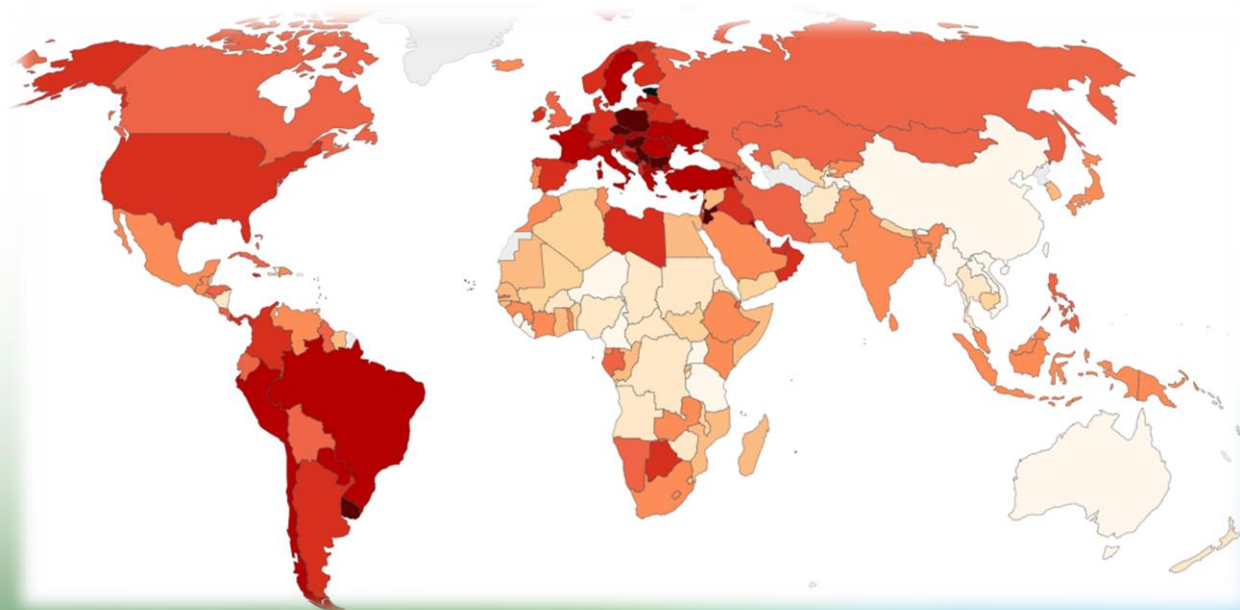
4. Questions and answers

All

Infection rates

DAILY NEW CONFIRMED CASES PER MILLION PEOPLE

(rolling past 7 days average)



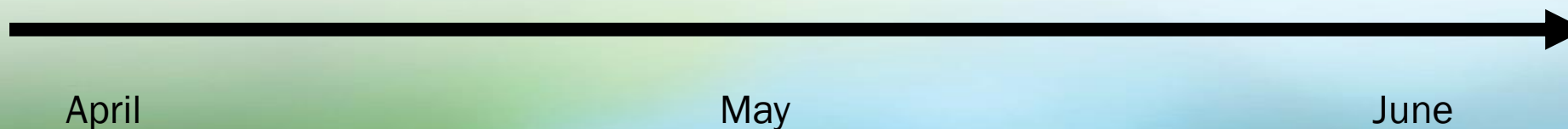
| | |
|----------------|------------|
| Portugal | 46 |
| Russia | 63 |
| Great Britain | 82 |
| Spain | 105 |
| Ireland | 111 |
| Finland | 125 |
| Denmark | 128 |
| United States | 161 |
| Germany | 164 |
| Norway | 176 |
| Greece | 254 |
| Belgium | 367 |
| Italy | 380 |
| France | 430 |
| Sweden | 467 |
| Poland | 596 |
| Czechia | 835 |
| Hungary | 843 |
| Estonia | 1067 |

Source:
 John Hopkins
 University
 23 March

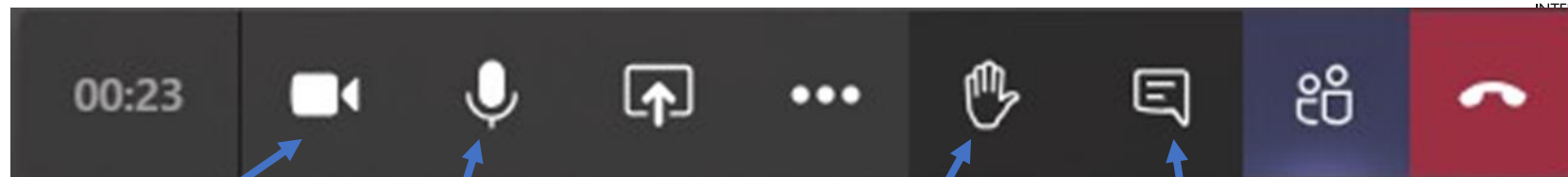
Waiting may still be good

Increasing likelihood of

- Less restriction → Better training
- Less risk of infection → Staying healthy
- Less burden on health system in Czechia



Meeting Rules



Video camera

Microphone

Raise your hand
Press this button if
you would like to
comment or ask a
question.

Chat
You may enter a
comment or question
into the chat function
at any time.

Please turn off video and mute your
microphone during the presentation and
when not commenting or asking a question.



INTERNATIONAL ORIENTEERING FEDERATION

BULLETIN COVID-19

Valid for IOF major events

**Version 1
8 February**

Bulletin content



- **Goals**
- **Informations Structure**
- **IOF Principles**
- **Actions at different stages**
 - **Before the event**
 - **Entering the bubble**
 - **During the event**
- **In case of illness or positive test result**
- **Monitoring and follow-up**

Goals

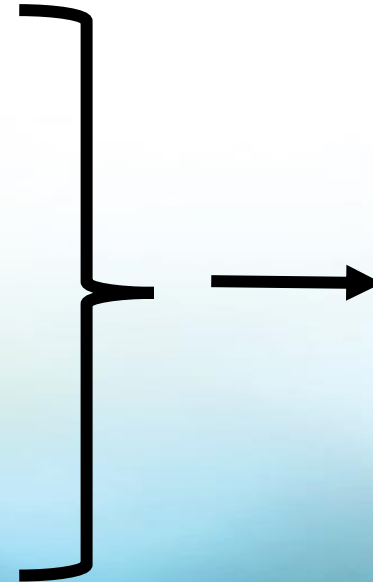


- **Zero Covid-19 virus spread at IOF orienteering events**

- **Well prepared event participants**

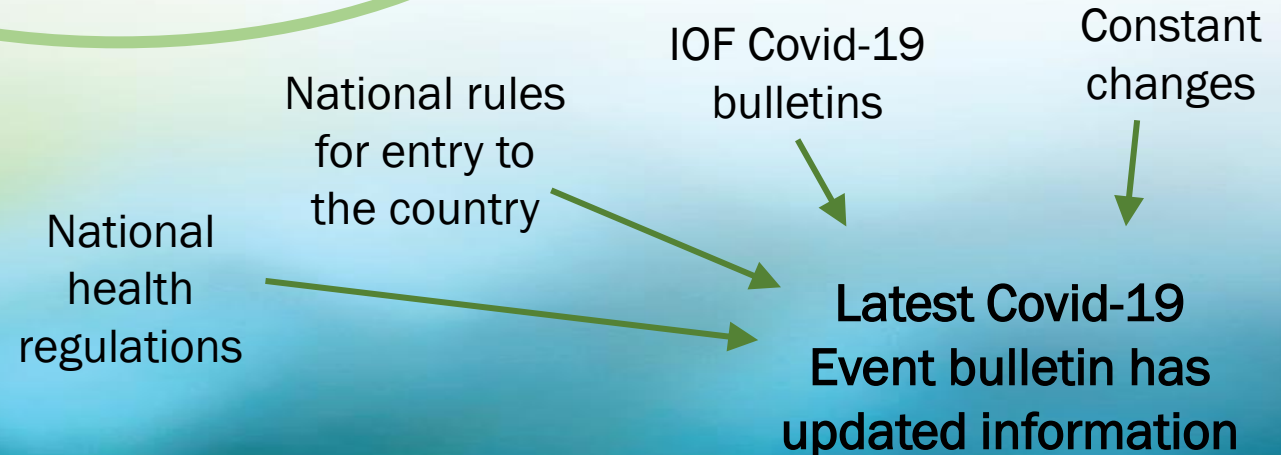
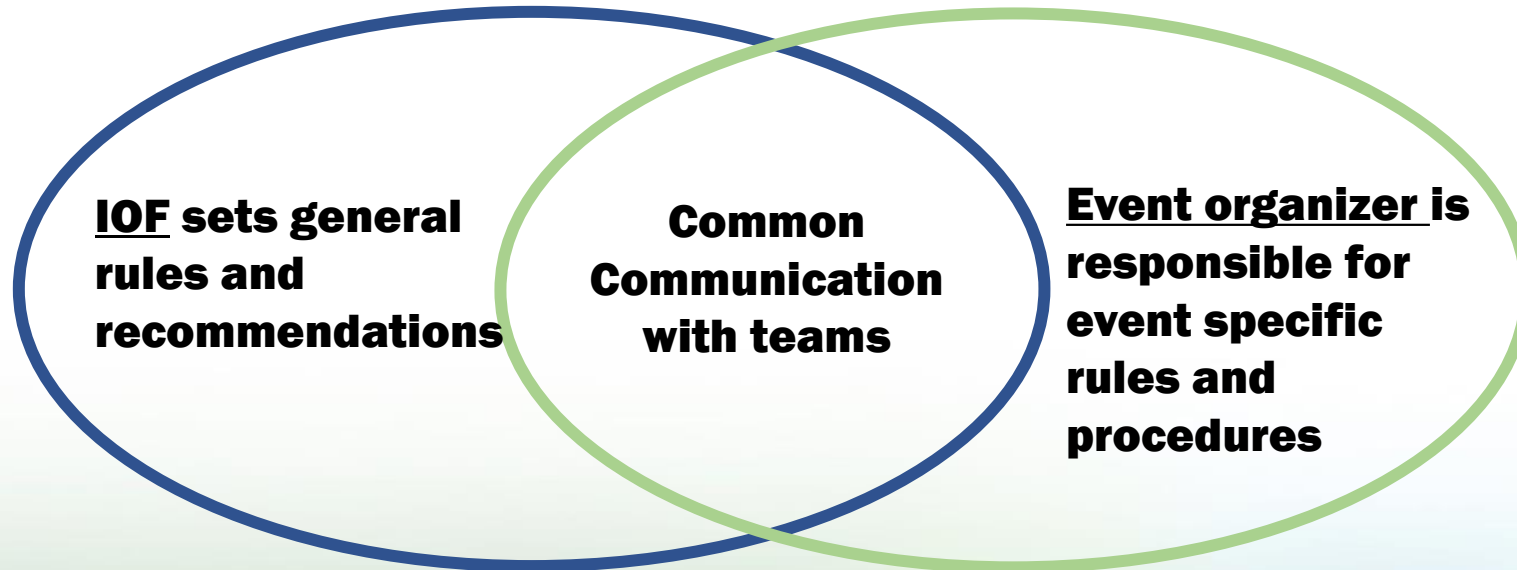
- Teams
- Athletes
- Organizer staff
- Media
- Everyone!

- **Communicating best practices to be followed by organisers and participants**



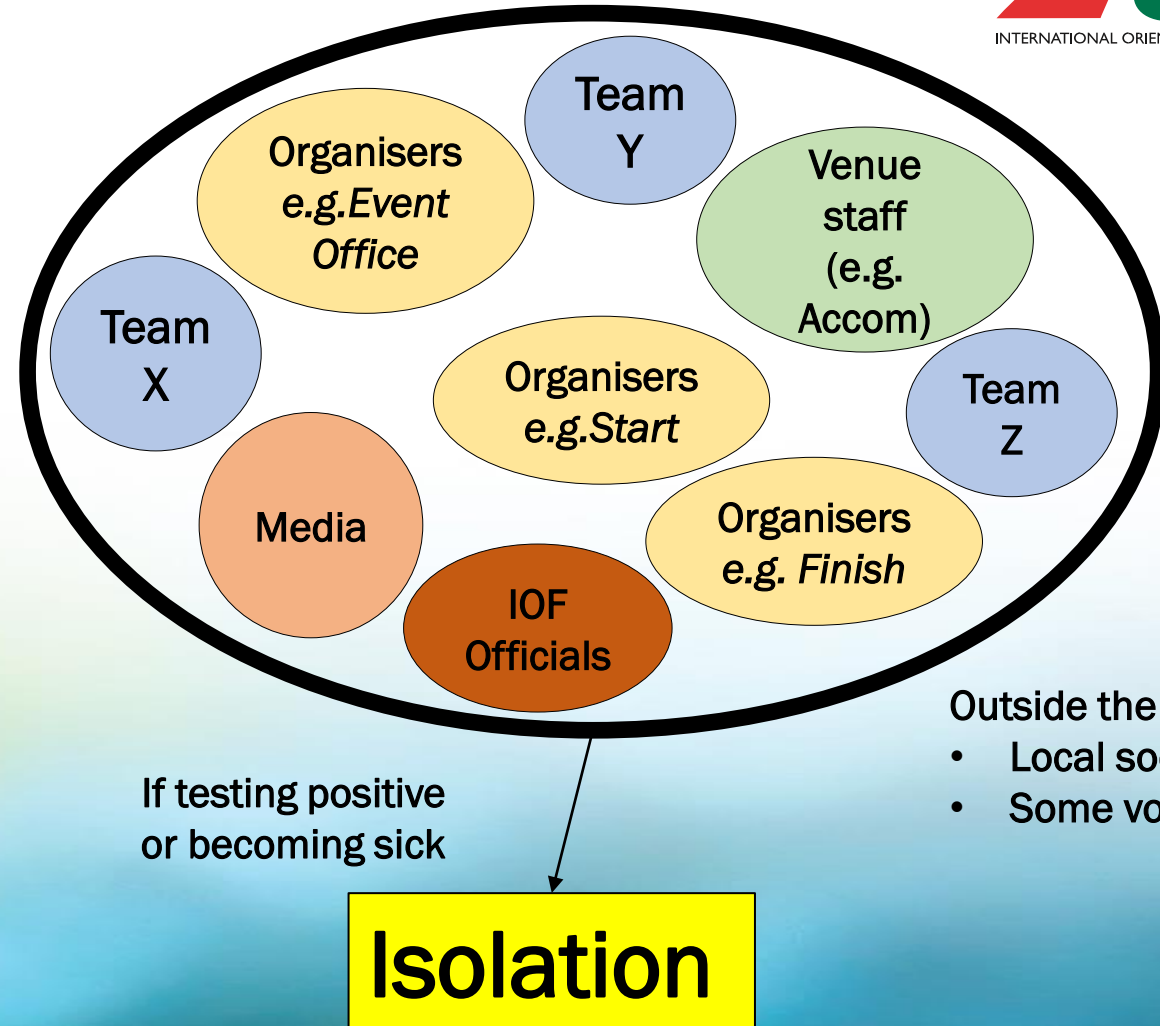
**Minimized risks
and a safe
competition
environment**

Information structure



Event “Bubble(s)”

- **PCR testing required to enter the bubble and to stay in the bubble**
- **Strict rules to avoid contacts outside the Event bubble**
- **Minimize contacts within the Event bubble**



Key principles

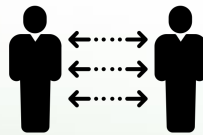
• Pillar 1: Responsibility

- Full compliance expected
- Frequent participants health reporting
- Non-obeyance may lead to individual and/or team sanctions



• Pillar 2: Distance

- Isolation of sick persons
- Avoid contacts
- Restricted areas
- Regulated flow of people
- Separating groups
- Digitalized processes



Created by Icoongeeek28
from Noun Project

• Pillar 3: Hygiene

- Masks
- Hand-washing
- Disinfection
- No handshaking
- Respiratory hygiene
- Meal service



Obeyance is a prerequisite
for coming events

Protection timeline

Before the Event

Entering the Bubble

During the Event

Before the event

- **Maximize chance of being virus free when entering the bubble**
 - Stay isolated 10 days prior to travel
 - Limit social contact
 - No club trainings
 - High level of hygiene 10 days prior to travel
 - Observe any signs of illness
- **If having had Covid-19**
 - Bring documentation of previous PCR test
- **Transport to event country**
 - Consider using non-public transportation if possible (e.g. own car)
 - Take special care of precautions during travel (social distancing, wearing of masks, frequency of washing hands and sanitizing)
 - Limit the number of individual contacts, e.g. Team Leaders take collective responsibility where possible.
- **Team level: Consider hotel bookings to adhere to rules and risk of isolation**
- **Consider Individual and Team Insurance needs**
 - All isolation, quarantine, medical and testing costs are the responsibility of the individual/team



If pre-event PCR test is positive



- **If pre-event positive result is due to previous Covid-19 infection (so-called "weak positive")**
 - Proof of previous infection must be provided in advance
 - Doctor's certificate AND
 - Copies of previous PCR tests proving the infection
 - Note: Antigen tests are not valid proof
 - Note: Doctor's Certificate based upon observation only is not valid proof
 - Decision about participation will be made by the Local Health Authorities and the Organiser
 - The decision is final
 - Additional testing may be required or may be waived
- **Any other positive test result will mean that participation is not allowed, i.e. you will not be able to travel to the event.**



Entering the bubble



- **Rules for entering the country are to be followed**
- **All participants to be tested**
 - Only PCR testing counts
 - Strict time limit for validity of test
 - Antigen test is not sufficient
 - Vaccination does not count
 - Health declaration to be signed
- **All testing at own expense**
- **Event has a defined dedicated Covid-19 contact person**
- **Positive tests are handled by local health authorities**

Entering the bubble



- **What if test at the event is positive**

- Participation at the event will not be allowed
- Immediate isolation of the affected person
 - Local Health Authority will determine regarding quarantine and further testing
 - Period of quarantine (normally 14 days)
 - May be an effect on roommate(s) and other team members
 - It most likely will not be possible to travel home until quarantine period is over
- Remember that all isolation, quarantine, medical and testing costs are the responsibility of the individual/team

During event

1 (6)



- **Pillar 1: Responsibility**

- Daily health report
- Act on any sign of Covid-19 related symptom
- Strict accreditation rules for entering arena



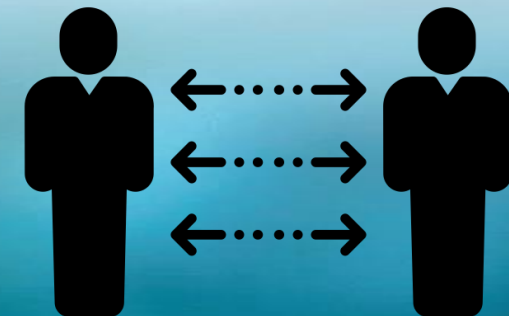
During event

2 (6)



• **Pillar 2: Distancing**

- Eliminate contact with persons outside the bubble (as far as possible)
- Severely limit contacts for teams inside the bubble (other teams, organisers, etc.)
- Only competition-related activities allowed. Avoid all out-of-competition activities.
- Even within own team, proper distancing may lessen the effect of potential quarantine on the whole team



During event

3 (6)



• **Pillar 3: Hygiene**

- Mask usage
- Respiratory hygiene
 - Cough in handkerchief and dispose

- Hand-washing
- Disinfection
- No canteen at arena
- No common showers



During event

3 (3)

• **A few words about facial masks**

- Surgical mask or better standard required
 - No cloth masks
 - Dispose of frequently – limit re-use
- Mask shall be used – as frequently as possible
 - Outside own room, except when exercising or eating
 - At meals, except when actually eating
 - Wear if collecting food (e.g. if buffet style)
 - Wear when sitting at table but not eating
 - During transport
 - In arena, except when active (warm-up, competition, cool-down)



During the event

4 (6)



- **Event Office (EO)**

- Contact with the Event Office shall primarily be via telephone, limit physical visits
- Any required visits should be scheduled to prevent congestion
- Team Officials Meetings will be held virtually

- **Accommodations and Meals**

- Accommodations should be organised physically to minimize contact between different teams
- Meals should be organised to minimize contact between teams, think about restaurant or cafeteria capacity
- Follow all venue and organiser instructions

- **External contacts**

- It is not allowed for athletes to visit grocery shops, pharmacy and other external shops and establishments (Restaurants, cafés etc)
- Team leaders may visit grocery and pharmacies on behalf of the team. Note: the number of team leaders with external contact should be limited and they should have limited contact with athletes.

Principle: Eliminate contact with persons outside the bubble (as far as possible)

Principle: Severely limit contacts for teams inside the bubble (other teams, organisers, etc.)

Principle: Only competition-related activities allowed. Avoid all out-of-competition activities.

During the event 5 (6)



• **Transport to trainings and competitions**

- Own transportation is recommended
 - Think about capacity
- Observe correct precautions (social distancing, wear mask, proper hygiene)
- Schedule transportation to minimize time in the competition center/arena
 - Avoid long waits for starting times
 - Leave the competition center as soon as possible after the finish

• **At the competition arena**

- Limit contact between groups (athletes, organisers, officials) as much as possible

Principle: Eliminate contact with persons outside the bubble (as far as possible)

Principle: Severely limit contacts for teams inside the bubble (other teams, organisers, etc.)

Principle: Only competition-related activities allowed. Avoid all out-of-competition activities.

During the event 6 (6)



• During the competition

- Start
 - Beware of good social-distancing and avoid crowding
 - Use available hand sanitizer
- Water/drink stations are organised to minimize potential virus transmission
- Finish area
 - Leave the area as soon as possible after finishing
 - Mask on after finishing

• At the competition arena

- Transport of athlete equipment from start to finish (?)
- Media zones will be socially distanced

• Ceremonies (if held)

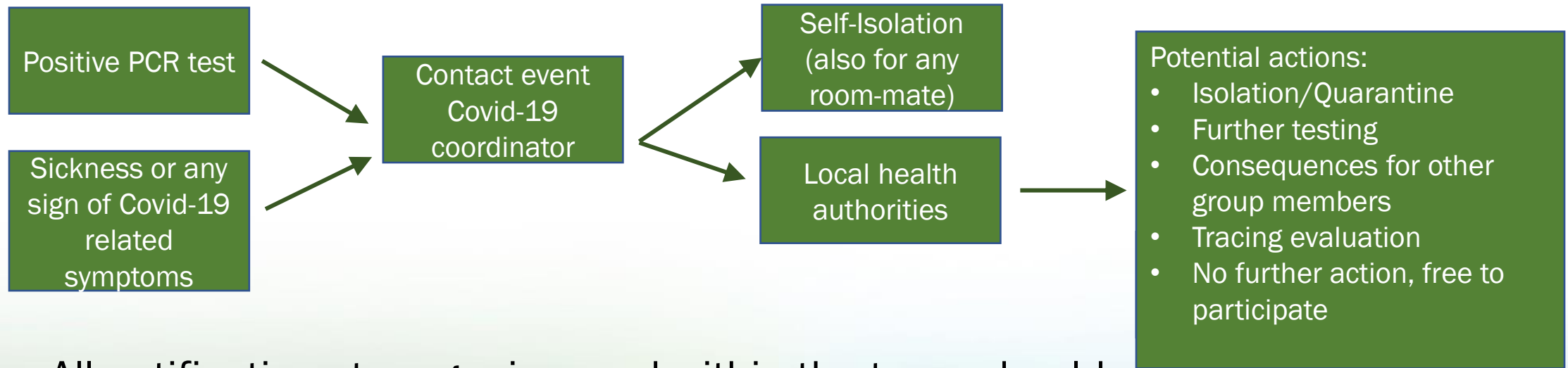
- All ceremonies will be held outdoors
- Awards ceremonies will be "self-service", no personal contact

Principle: Eliminate contact with persons outside the bubble (as far as possible)

Principle: Severely limit contacts for teams inside the bubble (other teams, organisers, etc.)

Principle: Only competition-related activities allowed. Avoid all out-of-competition activities.

If you become sick or experience Covid-19 symptoms



- All notifications to organiser and within the team should be virtual, i.e. No physical contacts

A few final items



- **All organisers and persons who potentially may be in contact with athletes and team members are within the bubble**
 - Have undergone PCR testing
 - Will follow the same precautions as athletes/teams
 - Includes media and external officials
- **The organisers will monitor adherence to the Covid-19 Bulletin regulations**
 - Not following the regulations may lead to loss of accreditation and right to participate
 - Flagrant abuse may lead to referral to the IOF Ethics Panel for potential individual or team sanctions

Covid-19 Bulletin

Training camps

24-03-2021

Present



- Jan Picek, Event Director
- Jana Kubátová, Secretary General, Covid-19 Administrative
- Jiří Funda, Event Doctor
- Radek Novotný, Trainings
- Jan Fiala, Event Controller

Contact information

- **Covid-19**
Confirmation, PCR tests, valid measures, etc.
Jana Kubátová, Alena Voborníková
E-mail: covid@woc2021.cz
- **Training Camps**
Maps, Training Possibilities, etc.
Radek Novotný
E-mail: trainings@woc2021.cz

General information 1/2

- All participants must act in compliance with the official [IOF Bulletin Covid-19](#). We ask everyone for personal responsibility and loyalty.
- All national rules and anti-Covid precautions currently in force in the Czech Republic must be followed all the time. An overview can be found [here](#).
- Personal responsibility is the core issue. By the Violation of the currently valid rules of the Czech Republic, the administrative authorities will decide according the czech law.

General information 2/2

- Isolation, quarantine, medical and testing costs are the responsibility of an individual/a team. We recommend considering an individual or a team insurance.
- Important changes and the essential information for coming and staying in the Czech Republic are published on our webpage <https://woc2021.cz/covid-19/>.
- TC-Bulletin will be updated continuously - always check the latest version.

Current situation

- Currently, there is a state of emergency in force in the Czech Republic. The lockdown stays in force till 28.03. But its prolongation is highly probable.
- Effective measures:
 - Only shops carrying essential goods are open (e.g., grocery stores, pharmacies,...),
 - Accommodation is limited; restaurants are closed (takeout window service only)
 - Spas, swimming pools, saunas, etc. are closed.
 - Free movement between regions is limited → **expect police controls!**
 - Face masks (respirators) are to be worn also in cars.

Face masks

- Generally, FFP2/KN95/N95 respirators or face masks (94% efficiency or more) are obligatory to be worn indoors; ordinary surgical masks have to be worn outdoors.
- An obligation to wear a respirator outdoors for 14 days applies for orange/red/dark red countries.
- Exception: sport, mealtime, nature (keep distancing).



Entering CZE

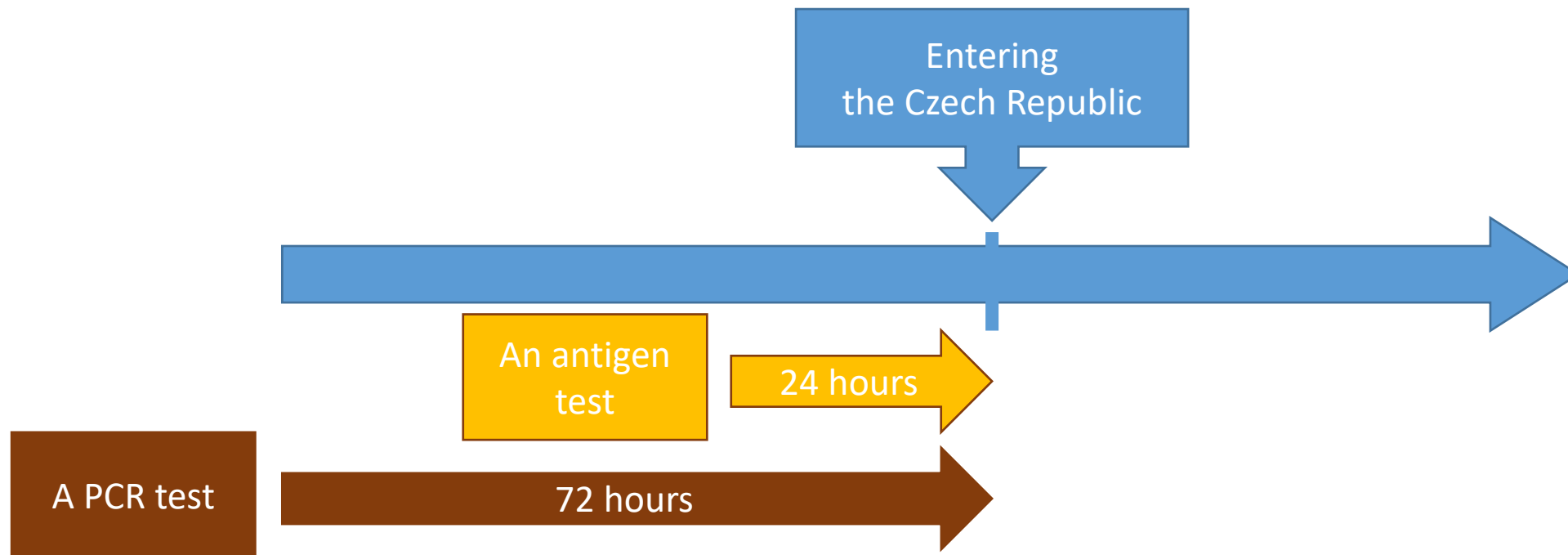
- Decisive is the list of countries according to the level of risk - [here](#)
 - Orange/Red/Dark red countries - have to fill in an online [Public health passenger locator form](#).
 - Non-EU countries – have to ask for an official confirmation issued by the National Agency of Sport of the Czech Republic (covid@woc2021.cz).
- All tests necessary for entering the country should be sent to covid@woc2021.cz and will be forwarded to local authority afterwards.

Entering CZE - overview

| | PUBLIC HEALTH PASSENGER LOCATOR FORM | TEST BEFORE THE DEPARTURE TO CZECHIA | TEST AFTER THE ARRIVAL TO CZECHIA | LIMITATION OF THE FREE MOVEMENT/ SELF-ISOLATION | MOUTH AND NOSE PROTECTION |
|-------------------------|--------------------------------------|--|--|---|---|
| GREEN COUNTRY | NO | NO | NO | ACCORDING TO THE PES ¹ | ACCORDING TO THE PES ¹ |
| ORANGE COUNTRY | YES | ANTIGEN (max 24 hours) or PCR (max 72 hours before the departure) | NO | ACCORDING TO THE PES¹ (employees and students have to submit a negative test result before entering the workplace or school) | ACCORDING TO THE PES¹ + 10 days after the arrival obligation to wear a respirator FFP2 or a surgical mask outside |
| RED COUNTRY | YES | ANTIGEN (max 24 hours) or PCR (max 72 hours before the departure) | PCR (within 5 days after the arrival) | SELF-ISOLATION UNTIL THE SUBMISSION OF THE NEGATIVE TEST RESULT (employees and students have to submit a negative test result before entering the workplace or school) | ACCORDING TO THE PES¹ + 10 days after the arrival obligation to wear a respirator FFP2 or a surgical mask outside |
| DARK RED COUNTRY | YES | PCR (max 72 hours before the departure) | PCR (no sooner than 5th day after the arrival) | SELF-ISOLATION UNTIL THE SUBMISSION OF THE NEGATIVE TEST RESULT (no sooner than 5 days after the arrival) (employees and students have to submit a negative test result before entering the workplace or school) | ACCORDING TO THE PES¹ + 10 days after the arrival obligation to wear a respirator FFP2 (strongly recommended) or a surgical mask outside |

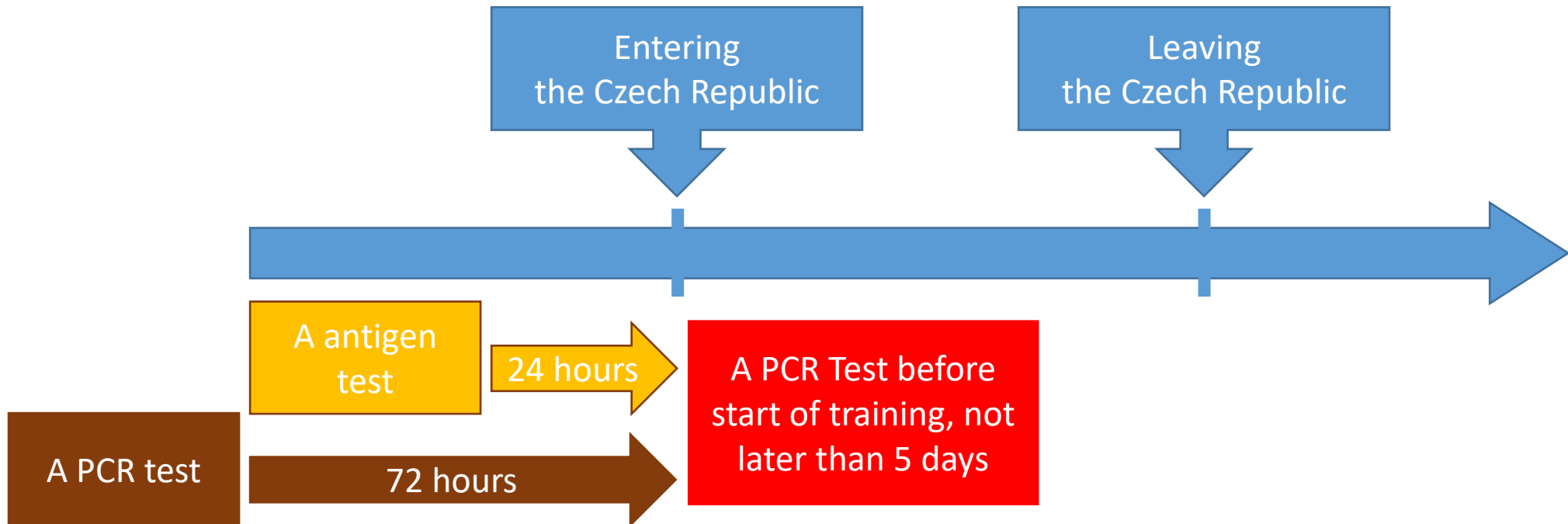
Entering CZE/ Orange

- Entering the Czech Republic: A PCR test performed not earlier than 72 hours or an antigen test not older than 24 hours
- An obligation to wear a respirator outdoors applies for 14 days.



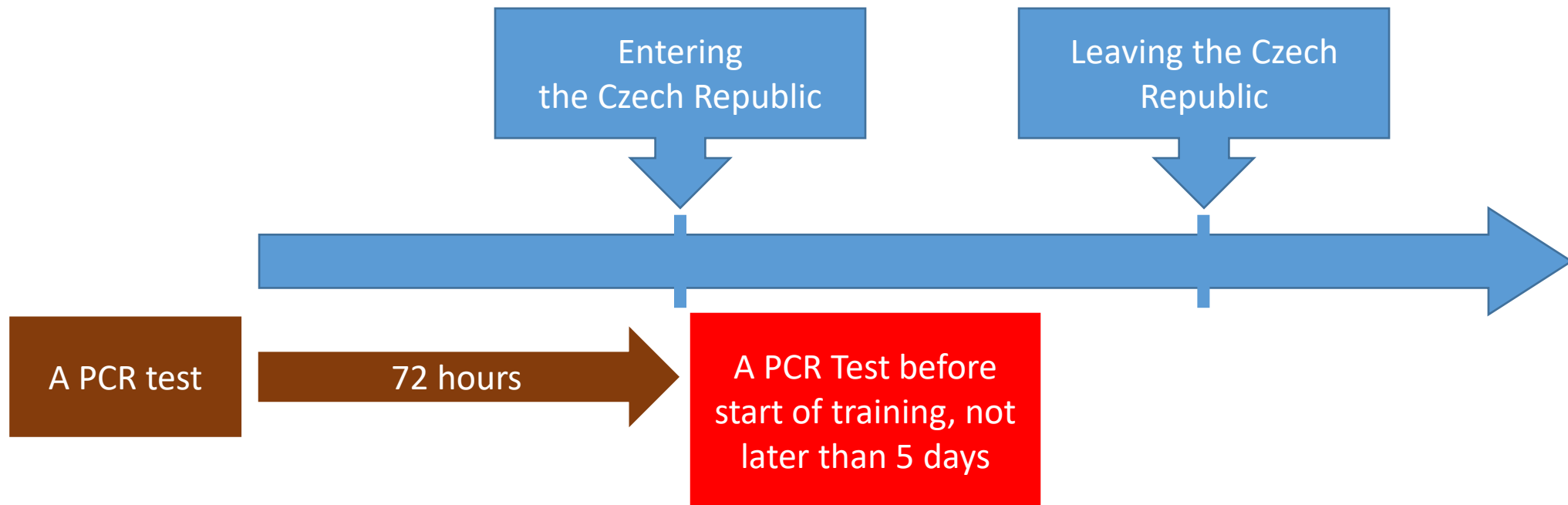
Entering CZE/ Red

- Entering the Czech Republic: A PCR test performed not earlier than 72 hours or an antigen test not older than 24 hours
- A PCR test before start of Training activity/Event is obligatory.
- An obligation to wear a respirator outdoors applies for 14 days.



Entering CZE/ Dark red

- Entering the Czech Republic: A PCR test performed not earlier than 72 hours
- A PCR test before start of a Training activity/Event is obligatory.
- An obligation to wear a respirator outdoors applies for 14 days.



Entering CZE

- **All tests undergone when entering the Czech Republic or after arrival in the Czech Republic** have to be sent in a form of a certificate (in english) to covid@woc2021.cz. All results will be immediately forwarded to a local authority - KHS Liberec
- If possible for whole team together.

Testing in CZE

- We offer a testing by a private company ESM Liberec:
 - Single PCR test: 1810 CZK / 70 EUR + travel costs.
 - The costs will be added to an overall invoice after the Training Camp.
 - Book of an appointment **at least 3 days in advance** (covid@woc2021.cz)
- **Voluntary! Feel free to organize testing on your own, if preferred.**

Others

- Weak positives – Bulletin 4.3
- Positive test - 4.2
- Feeling sick – 2.5
- Vaccination – 4.4

*Remember the C-19 symptoms - such as fever (37,5°C or above), loss of smell or taste, cough, fatigue, shortness of breath, diarrhoea or unexplained loss of appetite.

Before arrival 1/3

- Minimize the possibility to be positive during Training Camp.
- Keep the „10 days isolation princip“ before traveling :
 - Limit social contact
 - No club trainings
 - High level of hygiene 10 days prior to travel
 - Observe any signs of illness

Before arrival 2/3

- Send us a required information (covid@woc2021.cz):
 - Contact person on-site (telephone nr., email)
 - Accommodation address
 - Date of stay
- Orange/Red/Dark red countries have to fill in an online [Public health passenger locator form](#).
- Send us all test results necessary for entering the country:
 - In form of a certificate (in English),

Before arrival 3/3

- Required Documents (hard copy):
 - A confirmation of “**being a professional athlete or member of national team**” with a stamp of your federation in English – **ask your federation**
 - A confirmation of the Czech Orienteering Federation certifying, that you are coming to CZE to train for WOC 2021 - **provided by organisers**
(covid@woc2021.cz)
 - Non-EU countries: both documents above + a permit issued by the National Agency of Sport of the Czech Republic, as well. - **provided by organisers**
(covid@woc2021.cz)

Generally

- Stay up-to-date with relevant information (actual Bulletin, Covid section of the WOC webpage)
- In general, a later training camp increases a chance for less regulations, smaller risk and a less burden to the Czech health system.

Trainings

- **Send us your camp schedule about 1 week prior to your arrival (to Radek).**
Structure: Day, AM/PM, training area, number of people.
- **Multi-team sessions are strictly forbidden!** Possible to share courses using different time windows.
- Avoid situations when more than 2 runners run together in urban areas.
- Stay in “bubbles”. Don’t switch cars when travelling to your training sessions.
Always wear a face mask in a car.
- Details on courses & maps to be found at the WOC training page.

FAQ 1/12

- **Is there a general rule for how long it is possible to stay for a training?**

Currently there is no such a rule, you only have to follow all valid Anti-Covid precautions of the Czech Republic.

FAQ 2/12

- **Should we have a special confirmation for everyone or is it enough to have a single one for a group?**

Both confirmations (issued by your federation/the Czech federation) can be issued for a whole group in a form of a list including names of all participants.

We recommend to have a hard copy for everyone (in a car, in a bag).

FAQ 3/12

- **What are “nano face masks”? Are surgical masks included in this category? Or, as coming from a red country, is it mandatory for us to use FFP2 anyhow?**

A face mask made of a nano material (94 % efficiency or more), for example a mask of a standard EN 148 or other listed in the latest version of TC-Bulletin are sufficient. Ordinary surgical masks are not included in this category.

An obligation to wear a respirator outdoors currently applies for 14 days for orange/red/dark red countries.

FAQ 4/12

- **How the PCR test delay “within 5 days” has to be calculated? If arriving in CZE on Monday evening, is it still ok to undergo the test on Saturday (= less than 120h after)?**

When arriving from a red or a dark red country, it is not possible to train or participate in the event until a negative result of a PCR test undergone in the territory of the Czech Republic is presented (i.e. after entering the Czech Republic).

FAQ 5/12

- **Can PCR tests be done on Saturday? And on Sunday?**

Yes. It is possible to test also at the weekend by prior arrangement. Please, book an appointment at least 3 days in advance.

FAQ 6/12

- **During our camp, is it allowed to cross the polish border (twice) to take part to [Izery Cup](#) ?**

When your travel takes no longer than 12 hours, you don't have to undergo another PCR/antigen test after your arrival back to CZE. This applies only for EU+ countries!

Regarding the Covid rules currently in force in Poland (entry restrictions, etc.), please discuss your situation with organisers of Izery Cup.

FAQ 7/12

- **Does only a roommate of an infected person have to get into a quarantine? (Not if one has been in the cars with the person)**

All persons who have been exposed to a positive person without an appropriate protective equipment (respirator FFP2, face mask 94%) indoors (also in a car!) will be sent to a preventive self-isolation by a local authority.

A disposable face mask and social distancing is sufficient outdoors. (Still the rule 14 days with respirator after arrival apply!).

FAQ 8/12

- **How long is the quarantine? (14 days?) Can it be shortened by e.g. 1 or 2 negative tests?**

Protective quarantine by being positive is currently 14 days and it can not be shortened. (New mutation of the corona-19 disease). You are not allowed to train!

Protective quarantine after exposure is currently 14 days and it can not be shortened. More in the next question.

The quarantine after arrival (5 days) does not apply for national teams and professional athletes.

FAQ 9/12

- **Is it possible to train outdoors during the protective quarantine (in case of exposure)?**

In a protective quarantine after exposure you might go for a training with a personal responsibility and a compliance with the highest protective measures (respirator all the time, except during a training activity). You have to train only in a region where you are currently accommodated (Doksy area, Turnov area, Jizerské hory). It is absolutely banned to do a sprint training!

In a quarantine in case of a positive PCR test you are not allowed to train.

FAQ 10/12

- **If we are coming to Czech Republic for less than 12 hours. Example: We will cross the border (POL/CZE) at 8 a.m. then do for example two trainings in Doksy and after that came back to Poland before 8 p.m. Do we need to make PCR test before arrival or it is the same as transit regulations?**

Yes currently it is possible.

FAQ 11/12

- **Rules for the Non-EU countries (papers, invitations we need, e.t.c.)?**
 - *A confirmation of “being a professional athlete or member of national team”*
 - *A confirmation of the Czech Orienteering Federation*
 - *A permit issued by the National Agency of Sport of the Czech Republic*
 - *Visa x Invitation ?? – individual*

FAQ 12/12

- **Max persons in forest trainings?**

No general rule. Profesional teams are recognized as working group. Keeping of team bubble and social distancing of 2 meters neccessary.

There are 6 slots for teams for morning/afternoon on one map. In urban areas please not more than 2 athletes.

FAQ

All answers are valid as of today and may change. You have to follow actual information (updated Bulletin, Covid-19 section on the webpage).

Please don't hesitate to ask!